Athletics Weekly

WEDNESDAY
30th DECEMBER
1992

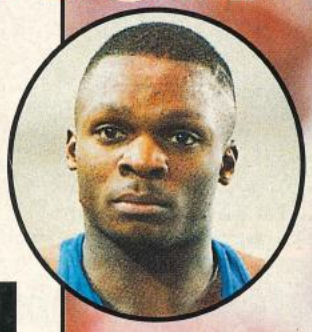
85p

WORLD MERIT RANKINGS

Full event-by-event review of the leading performances of '92

LIVINGSTON UPDATE

The events that led up to his drug-abuse ban



A ROUGH GUIDE TO THE RESULTS

Indispensable record of the year's key results at home and abroad

BRITISH ROAD LISTS

The season's latest rankings

WINNER ALL THE WAY: Kevin Young, Olympic champion, world record-holder and top of the Athletics Weekly world 400H merit rankings

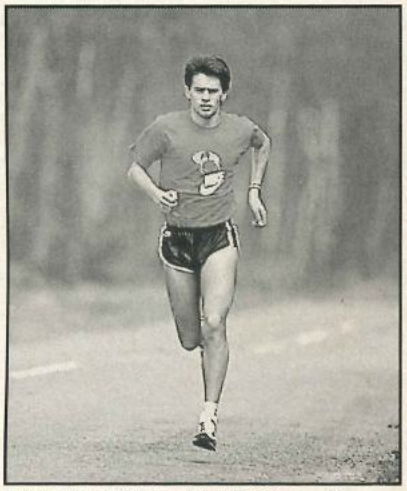
CONTENTS

4 QUIZ OF THE YEAR
An opportunity to test your knowledge of the athletics year

6 VOICE OF ATHLETICS
Readers' letters, plus a lookback through the Athletics Weekly archives

9 ROUGH GUIDE TO RESULTS
Indispensable guide to who won what during 1992 on road, cross-country, and track and field

22 BRITISH MEN'S ROAD RANKINGS
Latest listings for five miles, 10km, 10 miles, half-marathon and marathon



PAUL DAVIES-HALE: Where does he feature in the road lists?

24 WORLD MERIT RANKINGS
The year's big names listed according to results and performances

26 BRITISH WOMEN'S ROAD RANKINGS
The year's lists for five miles, 10km, 10 miles, half-marathon and marathon

31 EVENT REVIEW
National Coach Max Jones reviews the domestic pole vault season

35 FRANK TALK
Frank Horwill predicts a memorable athletics year for 1993

38 THE DREAM HALF-MARATHON
The finest half-marathon field ever assembled races for glory

40 ASICS ROAD RUNNER OF THE MONTH
November's award winner profiled, plus latest StarRank listings

42 NEWS REVIEW
Jason Livingston's dramatic year recalled

Manchester's

MANCHESTER's dream is to host the 2000 Olympic Games and it could be closer to reality than many athletics followers had ever imagined.

As you visualise the Olympic flame, the glitz of the opening ceremony and the glamour of sporting excellence set before the eyes of millions watching across the globe, you will probably stop and ask yourself - why Manchester?

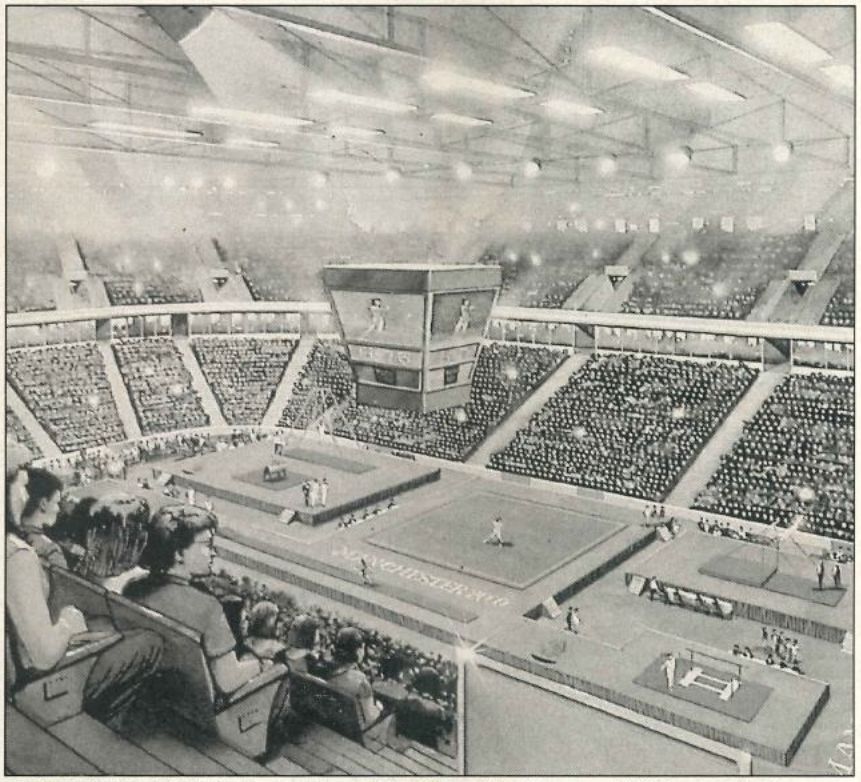
Furthermore, you may ask: how can the Manchester organising committee convince the International Olympic Committee that the city should host the millenium Games, and not places like Beijing or Sydney, who, by the Manchester committee's own admission, are more likely favourites to strike gold? To get the answers, I met the public relations officer of Manchester 2000, Andrew Leatham.

"We think we can convince the IOC that Manchester is the place because we have got it right," he said. "This time we've got 100 per cent Government backing in terms of finance. During the last bid, when we were up against London, we had a sort of passive support, but that was all.

"Also, we are actually building this time, which we weren't last time."

There are other advantages - location and transport - which Manchester has made clear to the IOC.

"More than 50 per cent of the Olympic family lives



SITTING PRETTY: Impression of the Olympic Arena at Victoria Station

Livingston ponders an appeal as BAF

THE British Athletic Federation has said the day Jason Livingston was banned for four years was "a good one for athletics."

In announcing the decision, BAF spokesman Tony Ward said: "We are in the forefront of the fight against this evil. We believe 98 per cent of our athletes are clean and it is up to us to protect their reputation."

Livingston, who was given 21 days in which to appeal, was random tested on 15th July and sent home from the Olympics 15 days later when traces of Methandianone were found.

The first BAF disciplinary committee hearing in October was adjourned to allow Livingston more time to prepare his defence, which was based on a scientific rather than procedural basis.

"I will go to the grave knowing my conscience is clear," Livingston said before a second hearing last Monday. "I had three clean tests when I won the European Indoors, why should I throw it all away when I had time to be patient?"

Livingston's legal advisors released a statement after the decision, which said: "Unfortunately, notwithstanding the fact that his legal advisors requested on many occasions for all the documentation from the testing centre, it was only discovered during the hearing last Monday that certain analytical information was suppressed on the basis that they were deemed by the Director of the Drug Control Centre to be not relevant. Jason's scientific advisors do not concur with this view and therefore a formal request will be issued during the next few days for this non-disclosed information.

dream not a fantasy

Can the Manchester bid bring the Olympics to Britain for the first time in over 50 years? GARETH WEBB went to find out

within five hours' flying time of Manchester," Leatham said. "We are, therefore, easily and fairly cheaply accessible to most of the Olympic family, unlike Sydney and Beijing."

What about the climate? The heat and humidity of Seoul and Barcelona caused problems for some athletes, while Los Angeles had the heat and smog. Surely Manchester, despite its rainy reputation, scores highly here?

"This is one of the strong points of our bid," Leatham said. "We labour under the myth that Manchester is a dark, dismal, rainy city, and it isn't. Statistics prove that the rainfall during July and August, when we plan to hold the Games, is nothing more than a trace. It's a wipe over with a damp cloth.

"That makes for an atmosphere that is perfect for athletic achievement."

Juan Antonio Samaranch, the IOC president, was quoted in Barcelona as saying the three criteria he expects of a city bidding to host the Games to be: "First, the population needs to be supportive of the bid. Second, the sporting facilities, which can be used long after the Games, have been completed. Third, the living conditions of the athletes need to be first class, as they were in Seoul and Barcelona."

The first point is taken as read, while the second and third are two areas where Manchester scores well.

The proposed facilities for the Games are very impressive. Government backing totals £105 million, with £2 million backing the 18-strong team behind the bid. The remainder will be channelled into construction and other costs for the indoor arena and velodrome, and the down payment on acquiring and clearing the site for the Olympic Stadium.

The stadium will be an 80,000-seater at Eastlands, an area about a mile from the city centre which is currently the subject of a regeneration programme. This month, the scheme was given £35.5 million from the City Grant Scheme. The approximate cost of the building work is £100 million.

No design for the stadium has been finalised. More than 250 international architects and developers were given a brief to, in the words of Manchester 2000 chairman, Bob Scott, "Create the world's best sports facilities."

This has been whittled down to a shortlist of four, who have submitted final designs. The winner will be known next month. The hope is that when it is built, it will take over from Wembley as the national stadium.

So has the Manchester bid received encouraging signs from the IOC?

"The most encouraging thing you get, ever, is that someone from the IOC says, 'You have a very strong bid,' although president Samaranch was interviewed a few weeks ago by the BBC in Manchester and he said he was very impressed by our bid, which is probably the strongest thing he's ever said about any bid."

Encouraging words indeed. But would Manchester continue bidding for the Olympics if the 2000 Games went to one of the others?

"Bob Scott said he will carry on until he gets the Games. He admits it has become an obsession with him. He points out that Barcelona bid four times before they got the Games. So he won't be giving up."

WHAT DO THE LOCAL ATHLETES THINK?

SUZANNE RIGG

"It's not one of those things you hear on the news everyday. I don't think it's got that high a profile, certainly not as high as it should have.

"It would be great if we got the Games. It would give the area a real boost. It would be great for the image of Manchester also because before Barcelona won the Games, who'd have thought so highly of Barcelona?

"I'll be 37 then and I'll hopefully be in contention for the marathon in 2000."

DIANE EDWARDS

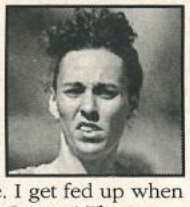


"I think Manchester's chances are relatively good, but from what I've heard, Beijing are the front runners.

"Manchester has a very good and very professional bid. I do hope they come out on top. The Olympics would mean a lot to the area, not only for the athletes, but also in terms of creating jobs. Construction of the facilities will also create employment in the area.

"I'll be 34 by 2000. If we do win, I'll be hanging on so I can compete in my home town - hopefully over 800m, with a view to possibly 1,500m. I'd be probably at my peak by then though."

ANN WILLIAMS



"I think Manchester has got a very good chance of getting the Games. It's got a better chance than last time, with more money behind the bid.

"It will bring excellent facilities to the area and will be a massive boost to the youngsters coming through in sport - not just in athletics.

"It will also be good for the country, bringing in plenty of revenue. I get fed up when I hear, 'Manchester will never win the Games.' That's a typical British defeatist attitude. People should get behind the bid and totally support it.

"I'll be 34 and hopefully still be running by then, but probably coming to the end of my career. I'll keep on going as long as I can. You can't look too far ahead, but if it's in Manchester I'd love to be able to run."

KEVIN McKAY



"I think we've got an outside chance of getting the Games - not a great chance. Everybody's got a chance really. You can't tell what the IOC are thinking, can you?

"It'd be brilliant for the city and great for the country. We're getting the spin-offs already with work starting on the Velodrome and Indoor Arena, and who knows, maybe the Olympic Stadium.

"It would be great for the country and would enable Manchester to bid for football championships and athletics events such as the European Championships.

"I'd be 30 then and would hope to be competing over 5,000m or maybe 1,500m, depending on the competition."

DAVE LEWIS

"I can see that this time they've got more of a chance than before, but, to be honest, I can't ever see it coming to Manchester.

"If we won the Games, it would be superb. Not only for employment and prospects in the area, but for running also. It would put Manchester on the map profile-wise. It would be good for Manchester and would give the north-west a tremendous boost.

"I'm 31 now, so I doubt I'll be around by then, but it would be superb all the same if we got the Games."

looks for more backing in steroid war

"As soon as it is at hand and Jason's advisors have had the opportunity to fully consider the implications, then a decision will be made within the 21-day period as to the merit and likelihood of success of an appeal.

"Finally, Jason has repeated his often quoted view that drug-takers are cheats and should be banned from the sport. However, Jason did not take any banned substance and will continue using his best endeavours to clear his name and to recommence his athletics career, which at the age of 21 was just beginning to flourish."

Livingston is the third British athlete to be banned since extensive random drugs testing was introduced, the others being pole vaulter Jeff Gutteridge and shot putter Neal Brunning, but he has a much bigger profile in the sport.

"It is always very sad, particularly when a young international athlete finds himself in this situation. I only wish we could find out the motivation for it all. People say it is money, but there is more to it than that," Ward said.

The BAF is to push for government legislation to make the possession of steroids illegal.

"That would strengthen our arm considerably," Ward said.

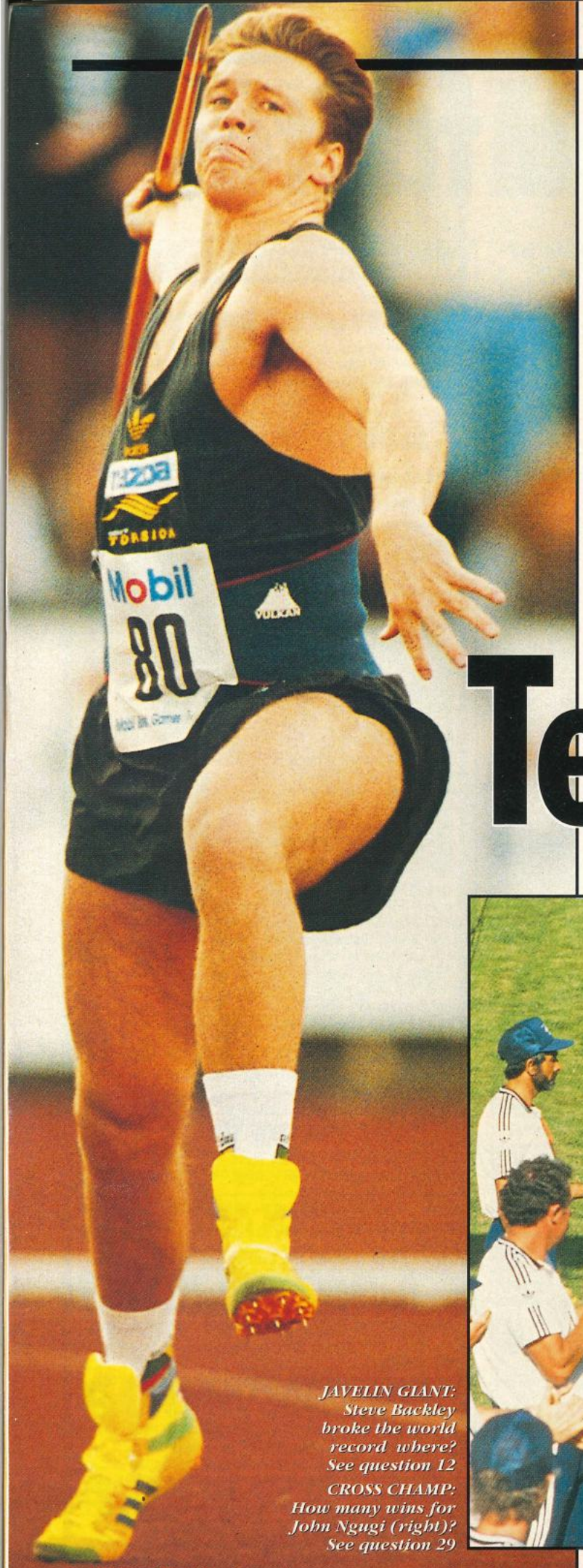
"Athletics has many more drug tests carried out by the Sports Council than any other sport, and this is a triumph for random testing because it clearly is a deterrent. But there is nothing we can do to stop the supply."

LIVINGSTON'S YEAR -SEE PAGE 42

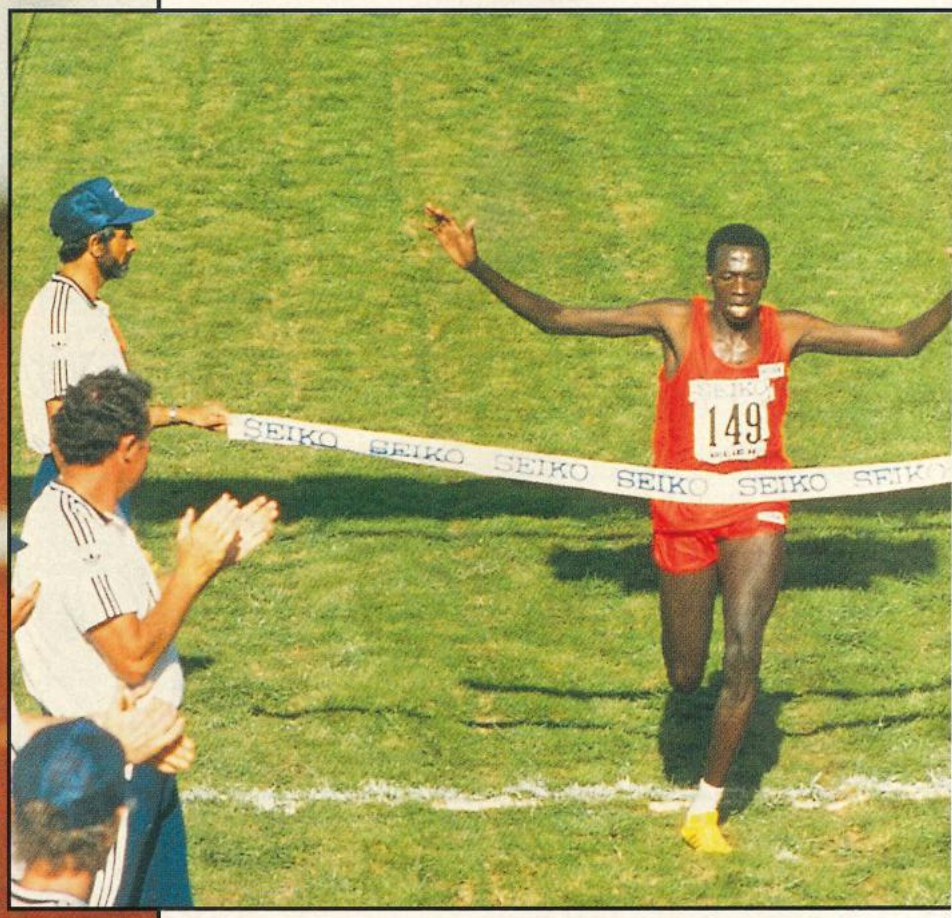
Test your

If last week's Stinker Quiz was a bit too difficult, try this one, based on the events of the last 12 months.
Answers on page 29

1. Who was featured most often on the cover of *Athletics Weekly* in 1992?
2. Who were voted IAAF International Athletes of the Year (male and female)?
3. Which javelin thrower announced her retirement in January?
4. Where did Liz McColgan set her world half-marathon best on 26th January?
5. Name the midland, northern and southern women's cross-country champions.
6. Which former 10,000m world record-holder announced the end of his retirement and returned to competition in April?
7. Who announced it would take 9.83sec or better to win the Olympic 100m title and it would take more than nine metres to



JAVELIN GIANT: Steve Backley broke the world record where? See question 12



CROSS CHAMP: How many wins for John Ngugi (right)? See question 29

win the long jump, after losing in Glasgow in February?

8 Who set world records at the TSB International in Birmingham in February?

9 Who replaced Les Jones as British team manager?

10 Who completed a world record number of marathons in 1992?

11 Who had to delay his bottom operation because of an ill-placed spot?

12 In which city did Steve Backley throw his world record in January?

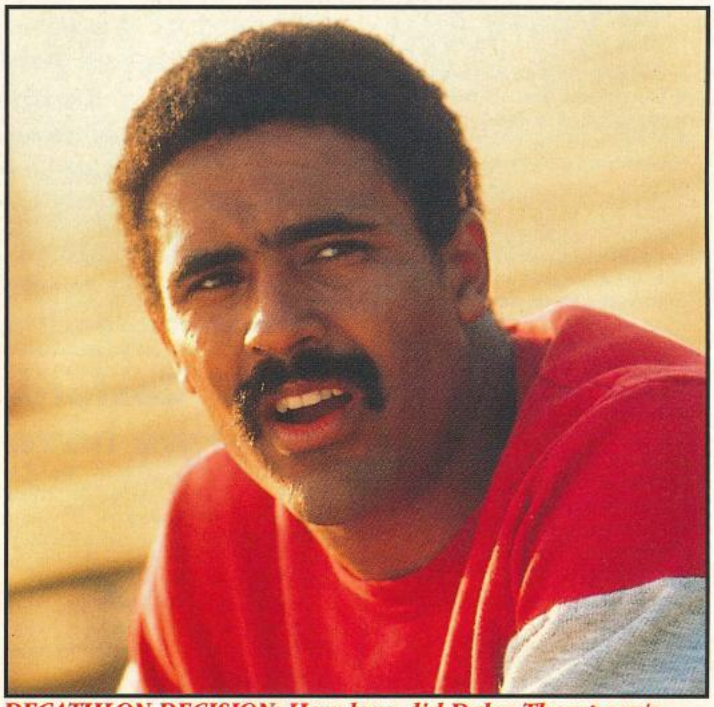
13 How many national medals has Tony Milovsorov won with Tipton Harriers?

14 Who ran a course record at the AAA 12-Stage Road Relay?

15 Name three runners on Britain's bronze medal-winning team at the first World Road Relay Championships.

16 Which American became British in the summer and ran in a World Champs for us?

17 Which company fell foul of the IAAF by introducing a 22-spike shoe?



DECATHLON DECISION: How long did Daley Thompson's last Olympic qualifying bid take? See question 20

knowledge



18 How many Championship best performances were set at the Southern Champs - four, eight or 11?

19 Who said: "I'd love to do an Oprah Winfrey type of show where I could get into the audience."

20 How long did Daley Thompson's final bid to make the Olympic team last?

21 Where Zola Pieterse finished in her return to Crystal Palace?

22 How many British winners were there at the European U23 Cup in Gateshead - 12, 16 or 18?

23 What team overslept at the Olympic Games?

24 Who held the UK 400m record before David Grindley?

25 Who won the Emsley Carr Mile?

26 Whose nickname is Spiderman?

27 What injured John Regis in preparing for the World Cup?

28 Who is No.1 on the world outdoor high jump lists for 1992?

29 How many times has John Ngugi won the World Cross-country Championships?

30 Who won the New York Marathon (men and women)?

31 Who broke the women's UK record for 2,000m steeplechase?

32 Who are the three athletes ahead of Jon Ridgeon on the UK all-time list for 400m hurdles?

33 Who announced she is to make her debut on the roads in America next season?

34 How many AAA team titles did Tipton Harriers win in 1992?

35 Who was the leading Briton at the London Marathon?

36 How many individual medals did Britain win at the Olympics?

37 Name three of the four members of Britain's bronze medal-winning women's 4x400m team at the Olympics.

38 Where were the European Indoor Championships held?

39 Where will the 1993 Grand Prix Final be staged?

40 Who was the first British winner in South Africa for nearly two decades?

30 years ago

From AW, 29th December 1962

● Cover star was Mick Price, leading Les Presland and John Snowden in the Civil Service Cross-country Champs.

● Toru Terasawa led a Japanese clean-sweep in the 16th Asahi Marathon, winning the highest quality marathon ever in 2:16:18.4 as four other Japanese ran under 2:20.

20 years ago

From AW, 30th December 1972

● Tony Simmons won the Jean Bouin Memorial Cross-country in Marseilles, ahead of fellow Britons Chris Stewart and Allan Rushmer.

● Olympic champion Frank Shorter won the 7th International Open Marathon at Fukuoka, Japan, in 2:10:30, to become the third fastest marathoner of all-time.

● Thurrock's Eamonn Martin won the colts' title at the Essex Cross-country Champs.

10 years ago

From AW, 1st January 1983

● The year's 800m world lists featured Steve Cram (1st, 1:44.45), Seb Coe (2nd, 1:44.48) and Garry Cook (4th, 1:44.71).

● Other Britons to top the year's world rankings included Dave Moorcroft (3,000: 7:32.79 and 5,000: 13:00.42), Keith Connor (TJ: 17.57) and Daley Thompson (Dec: 8,743).

● Daley Thompson, Commonwealth and European champion and decathlon world record-holder, capped his season by being voted athlete of the year by the British Athletics Writers Association, as well as BBC Sports Personality of the Year.

5 years ago

From AW, 31st December 1987

● 20-year-old Lisa Langford won the Ilford Open 10km Walk in 47:00, more than half a minute ahead of the first man, Belgrave's John Hall.

● Kenya's 10,000m world champion Paul Kipkoech won the HFC Cross-country International at Cardiff, with Dave Clarke (2nd) and Tim Hutchings (3rd) leading England to the team crown.

● Invicta East Kent dominated the GEC Avionics Relay, finishing their A and B teams in first and second place.

As part of a special agreement between Athletics Weekly and SmithKline Beecham, the sender of each week's star letter will receive a Ralgex sports bag containing a full range of the product and a sports towel. In addition, each letter featured will win a tube of Ralgex cream



RAF Cosford is all we have

THE news that use of the RAF arena at Cosford is under threat filled me with despair. So many people appear to be bemoaning its possible demise for nostalgic rather than practical reasons.

The truth is that it is England's only indoor athletics facility which has been readily available for competition and training.

Perhaps it compares poorly with the National Indoor Arena, but the car parking is cheaper, the food better and you can expect to be treated more courteously by the airmen on duty than the security people in Birmingham - even if the Cosford personnel are armed!

STAR LETTER

The NIA is available for athletics for about two months each year. That's perfectly understandable, since it would make poor financial sense to reserve a multi-purpose facility like the NIA for a single sport when diversification would enable prices to be kept at a reasonable level.

Cosford, on the other hand, has been available for indoor training and competition for at least five months a year. Scores of Midlands athletes, and others from further afield, use it on Sundays throughout the winter and more locally-based athletes use it midweek. The excellent support for the recent Midland open meetings has already been recorded in *Athletics Weekly*.

Indoor facilities in the UK are still thin on the ground. In recent years, a number of training halls with athletics floors have opened and this has helped, but the athletes have had to take their turn in queues behind badminton players, five-a-side footballers and the like.

There's been no such problem at Cosford. The arena has been available for training on Sunday, Tuesday and Wednesday from the beginning of October to the end of March without rival users.

British athletics can ill afford to lose a resource like Cosford. The facilities are good, it is not difficult to get to, being located in central England and it's well heated and only occasionally draughty.

It is really up to the BAF to take the lead here and approach the RAF with a business plan which will safeguard Cosford for athletics for the foreseeable future. There's no reason why all national and midland squad clinics should not be based there, with competition and casual training completing the programme. Good, positive marketing could see Cosford fully used on all weekends throughout winter.

I hope the authorities will take positive action soon. The sport needs the NIA for its shop window. It needs Cosford for its bread and butter. We can ill-afford to lose Cosford because without it we have nothing at all.

Dave Young
National Senior Event Coach, Pole Vault
Stoke-on-Trent

Leagues have saved sport

IT WAS with amazement and disbelief that I read Diana Blake's article (*Outside Lane,* 4th November) suggesting abolishing league athletics.

There has always been an elitism among clubs in British athletics - this has not been created by the league system. I was fixtures secretary for a small club in pre-league days. The fixture list then comprised trophy meetings and inter-club matches - by invitation only.

The major trophy meetings were controlled by the bigger clubs to the total exclusion of small clubs. A similar situation applied to inter-club matches. Ambitious athletes gravitated towards the bigger clubs because it was only there that quality competition was available. So the monopoly was maintained.

League athletics broke the stranglehold, allowing the organised smaller clubs to move through the league structure. Some clubs now in the British League did not exist 25 years ago, thus providing a clear example of what is achievable.

The women's team at Windsor, Slough & Eton, has moved from Southern League Division Three to British League status in five years thanks to committed team management and supportive teams.

On the question of open meetings versus league matches, there is no contest. WS&E stage three open meetings a year, which, in the main, are not supported by the club's young athletes, yet put their name on a league team sheet and they'll turn up every time.

All the young athletes' leagues

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WS&E are involved in include non-scoring events for athletes failing to make the team, thus negating another of Diana Blake's points.

In pre-league days, it was rare to find fixtures which included the more technical events. The league system changed that and as a result British athletes are now succeeding at the highest level.

Athletes pressed into events for points also has its plus side. A "run-of-the-mill" track athlete press-ganged into the high jump at a young athletes' meeting now holds our club's senior high jump record and a young high jumper persuaded to try the heavy throws holds two Woolworth's Young Athletes' League records and several age bests. Without leagues, they may never have made the grade.

Open meetings are dwindling for several reasons, not least the fact that athletes can find most of the competition they require via the league system and escalating costs of track hire, coupled with lack of support by athletes, means open meetings are no longer viable.

While the league system may need some fine-tuning, the fundamental structure is right and to abandon it would be a disaster.

Our league system is the envy of the world and is the cornerstone of our current status on the international scene - long may it continue.

D Daly (Windsor, Slough & Eton) Staines, Middlesex

An amazing race all round

I RAN in the Kingston Marathon recently for the first time (there was also a half-marathon) and it proved to be a bit of a rush for some of us, particularly those without transport, as the marathon began at 9am.

The course, although picturesque in places, left a lot to be desired, with several boring roads and a long, dark railway arch. There were numerous dogs, many unleashed and several on long leads, particularly along narrow towpaths, which could have proved hazardous.

The courses consisted of two small laps and one large lap for the half-marathon, and one small and three large for the marathon. Even the offer of a banana on each lap at Hampton Court station could not spur me into any further inspiring action. However, at that point, an unusual thought crept into my mind. The famous Hampton Court Maze was not ridiculously far ahead and rather than trudge past Woolies in Kingston for a third time, was wondering whether the marathon runners at a future race could be given permission to finish in the maze and turn a somewhat tedious event into a "free for all".

We would also have the opportunity to greet one another at various intervals and if the race organisers awarded trophies or other such awards, say, to the first three in each category out of the maze, it might give a few "slow 'uns" such as myself a slight chance to gain a bit of new-found fame, not to mention some good crowd support for the lot of us.

Sue Goddard
Luton, Beds

A scheme still improving

ONE OF today's great coaches, Wilf Paish (*Voice of Athletics*, 4th November), has responded to my support of the Sports Council's doping control scheme. I was pleased that a reply was printed from an informed writer on the subject. However, Wilf quoted me out of context to make his point.

While I described the scheme as "excellent," I did qualify this statement by pointing out that it "may not be perfect" and that it was "continually striving to do better."

In athletics, standards of performance progressively exceed those of days past. Are we to treat those performances of yesterday with contempt simply because today athletes can run faster, jump higher and throw further? Certainly not, because in the future people could treat with equal disregard today's achievements.

Then, as now, people perform at their best. We all stand to benefit from improvement in equipment, training techniques and knowledge - and the Sports Council doping control unit is no different. It offers the best available scheme, continually striving to improve.

Wilf contends that asthma sufferers are victimised by not being allowed to use Clenbuterol. However, there are acceptable drugs available, in the form of inhalers. The list of successful athletes who suffered from asthma is long.

Like Wilf, I am not overly tall. I would love to have been a high jumper and were there a drug that would have enabled me to grow a foot or so, should this have been available to me and not an already successful athlete of towering stature? I am not being flippant. Most of us are born with some form of physical deficiency and we have to make the best use of what we are blessed with. Governing bodies do make exceptions and allow a long list of medications that may be taken to enable some athletes to compete on a more equal footing. It is not the same story when already healthy people seek to gain an unfair advantage.

Mistakes can be made, but, as Wilf knows, after a positive result, a second sample is tested, with the athlete present, to confirm the initial findings are correct. There is a system of appeals, with penalties for a first offence often less than those for a repeat performance. There is no final hanging. The system is highly biased in favour of the competitor, who often escapes censure on a legal technicality.

The athlete may make any comment they consider appropriate about the test, on the form at the testing station. Wilf was present when I invited one of his athletes to make such a statement.

These have proved invaluable in improving the scheme, as has the role of the advisory committee, consisting of senior officials from several of the country's leading sports. In short, the Sports Council welcomes comment from anyone.

Greg Moon
Cheltenham, Gloucestershire

What a record year

DAVID COCKSEDGE lists the records which have been improved in 1992

UK RECORDS

MEN

25th January, Auckland, NZL: Javelin: 91.46m Steve Backley (world record)
8th February, Glasgow (i): 60m: 6.51 Jason Livingston (eq European record)
22nd February, Birmingham (i): 1,000m: 2:17.86 Matthew Yates
5th June, Sheffield: 4x110m hurdles relay: 54.50 UK team (Tony Jarrett, Hughie Teape, David Nelson, Colin Jackson) (European record)
10th July, London: 110m hurdles: 13.06 Colin Jackson (European record)
3rd August, Barcelona, ESP: 400m: 44.47 David Grindley
5th August, Barcelona, ESP: 200m: 20.09 John Regis (eq record)
6th August, Barcelona, ESP: 400m hurdles: 47.82 Kriss Akabusi
16th August, Cologne, GER: 110m hurdles: 13.04 Colin Jackson (European record)
20th September, Seoul, KOR: High Jump: 2.37m Steve Smith (eq world junior record)

WOMEN

26th January, Tokyo, JPN: Half-marathon: 1:07:11 Liz McColgan (also world best on certified course)
22nd February, Birmingham (i): 5,000m: 15:03.17 Liz McColgan (world indoor record)
10th May, Washington, USA: 8km: 24:48 Liz McColgan
5th June, Sheffield: Triple Jump: 13.56m Mary Berkeley (Commonwealth record)
5th June, Sheffield: 4x800 metres: UK team 8:19.90 (Ann Williams, Paula Fryer, Yvonne Murray, Diane Edwards) (Commonwealth record)
5th July, Haringey: Pole Vault: 3.20m Katie Staples
2nd September, West London: Hammer: 50.54m Diana Holden
6th September, Braintree: Hammer: 51.00m Diana Holden
9th October, Battersea Park, London : 2,000SC 7:40.9, Gowry Retchakan.

(i : indoor performance)

WORLD RECORDS

MEN

25th January: Javelin: 91.46m Steve Backley (GBR), Auckland, NZL
29th January (i): 60m: 6.45 Andre Cason (USA), Ghent, BEL
2nd February (i): 400m: 45.02 Danny Everett (USA), Stuttgart, GER
7th February (i): 600yd: 1:07.53 Mark Everett (USA), New York, USA
7th February (i): 5km Walk: 18:25.25 Grigoriy Komev (RUS), Moscow, RUS
14th February (i): 60m: 6.41 Andre Cason (USA), Madrid, ESP
20th February (i): 3,000m: 7:37.31 Moses Kiptanui (KEN), Seville, ESP
21st February (i): Pole Vault: 6.13m Sergey Bubka (UKR), Berlin, GER
22nd February (i): 1,000m: 2:15.26 Noureddine Morceli (ALG), Birmingham, GBR
11th March (i): 3,000m: 7:36.66 Said Aouita (MAR), Pireaus (Record subsequently disallowed when video evidence showed that Aouita ran inside the lane markers)
28th March (i): Heptathlon: 6,418pt Christian Plaziat (FRA), Genoa, ITA
24th April: 4x200m: 1:19.11 Santa Moinca TC (Marsh, Burrell, Heard, Lewis), Philadelphia, USA
15th May: 20km Walk: 1:18.40.0 Stefan Johansson (SWE), Fana, NOR
13th June: Pole Vault: 6.11m Sergey Bubka (UKR), Dijon, FRA
4th July: Javelin: 94.74m Jan Zelezny (TCH), Oslo, NOR (Record never ratified due to irregular implement design)
6th August: 400m hurdles: 46.78 Kevin Young (USA), Barcelona, ESP
8th August: 4x100m: 37.40 USA (Marsh, Burrell, Mitchell, Lewis) Barcelona, ESP
8th August: 4x400m: 2:55.74 USA (Valmon, Watts, Johnson, Lewis), Barcelona, ESP
16th August: 3,000m: 7:28.96 Moses Kiptanui (KEN), Cologne, GER
19th August: 3,000m steeplechase: 8:02.08 Moses Kiptanui (KEN), Zurich, SUI
30th August: Pole Vault: 6.12m Sergey Bubka (UKR), Padua, ITA
4/5th September: Decathlon: 8,891pt Dan O'Brien (USA), Talence, FRA
6th September: 1,500m: 3:28.86 Noureddine Morceli (ALG), Reiti, ITA
19th September: Pole Vault: 6.13m Sergey Bubka (UKR), Tokyo, JPN
20th September: Half-marathon: Benson Masya (KEN) 1:00:24, Great North Run, GBR

WOMEN

20th January (i): Pentathlon: 4,720pt Irina Byelova (RUS), Volgograd, RUS
26th January (i): Pentathlon: 4,726pt Liliana Nastase (ROM), Bucharest, ROM
7th February (i): 1,000m: 2:34.67 Liliana Nutrdinova (RUS), Moscow, RUS. (Irina Yerseyeva (UKR) won in 2:33.93, but left the stadium before being dope tested and thus cannot claim the record)
8th February (i): HJ: 2.07m Heike Henkel (GER), Karlsruhe, GER
14/15th February (i): Pentathlon: 4,991pt Irina Byelova (RUS), Berlin, GER
22nd February (i): 5,000m: 15:03.17 Liz McColgan (GBR), Birmingham, GBR
10th May: 8km: Liz McColgan (GBR) 24:48, Washington, USA

(i: indoor performance)

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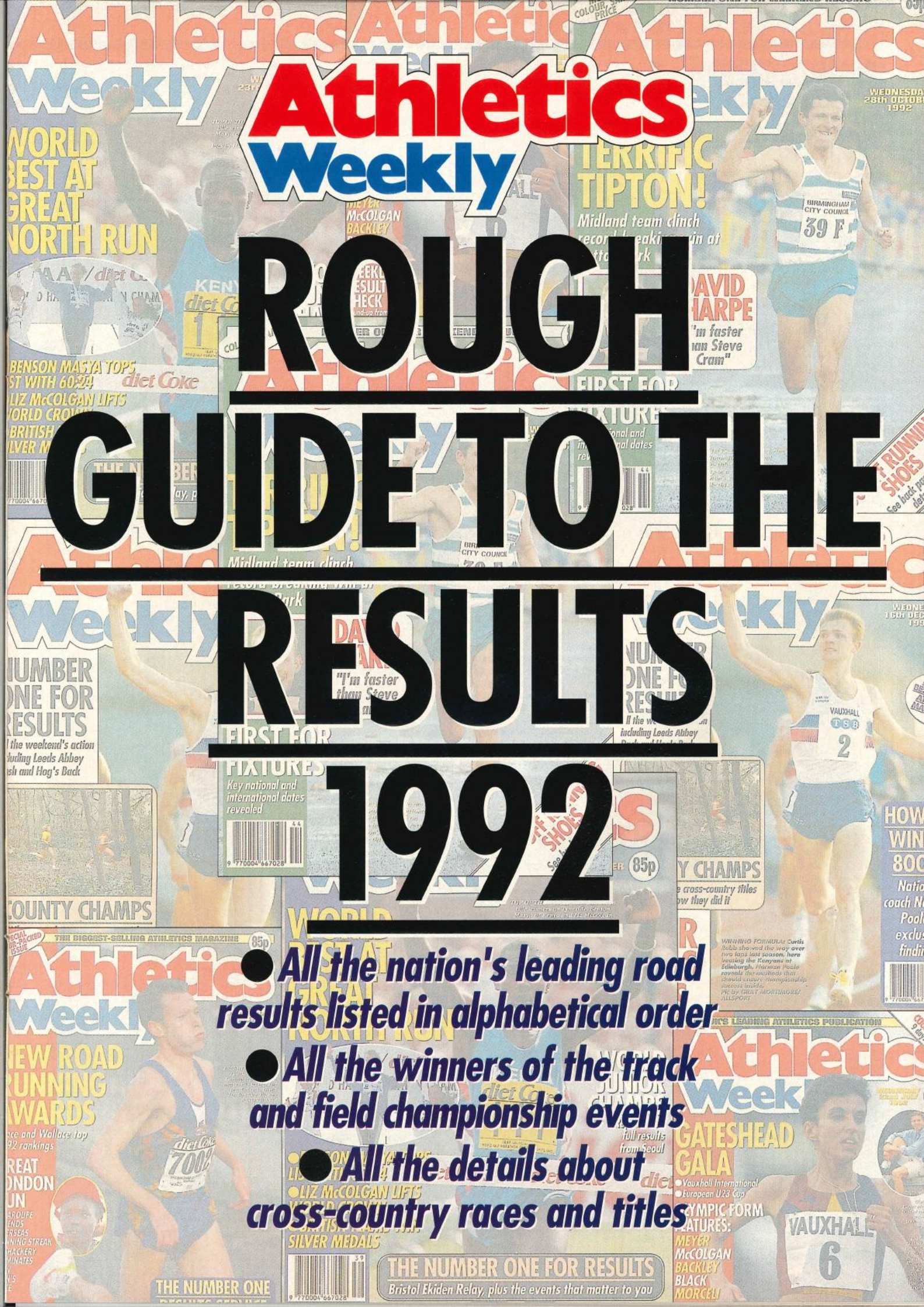
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● All the nation's leading road results listed in alphabetical order
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● All the details about cross-country races and titles

TRACK

AAA INDOOR CHAMPS, BIRMINGHAM 15/16TH FEBRUARY

MEN

60/200:	J Drummond (USA)	6.60/21.40
400:	A Mafe (Lon I)	46.47
800:	M Steele (Long)	1:47.78
1,500:	J Chesire (KEN)	3:43.34
3,000:	J Mayock (Barns DH)	8:01.54
60H:	C Jackson (Brec)	7.55
HJ:	S Hoen (NOR)	2.25
PV:	G Nikov (CIS)	5.45
LJ:	M Forsythe (Har)	7.85
TJ:	V Samuels (W&B)	16.24
SP:	P Edwards (Bel)	19.15

WOMEN

60:	S Douglas (Mil K)	7.37
200:	R Stevens (USA)	23.59
400:	J Richardson (CAN)	52.72
800:	D Gandy (Houn)	2:07.80
1,500:	C Cahill (Gate)	4:12.34
3,000:	K Hutcheson (BHM)	9:11.99
60H:	J Humphrey (USA)	8.23
HJ:	D Marti (Brom)	1.91
LJ:	J Wise (Cov)	6.27
TJ:	M Griffith (WSE)	12.16
SP:	Y Hanson-Nortey (Hallam)	16.33

AAA U20 INDOOR CHAMPS, BIRMINGHAM 22/23RD FEBRUARY

JUNIOR MEN

60:	P Maitland (Carm)	6.82
200:	D Walker (C&N)	22.20
400:	C Southam (Leic)	47.84 CBP
800:	S Day (Leeds P)	1:51.90
1,500:	M Hibberd (Leic)	3:51.26
60H:	N Levy (B'hth)	8.36
HJ/LJ:	S Smith (Liv)	2.10/7.06
PV:	N Winter (SB)	5.00
TJ:	E Clark (B'hth)	14.83
SP:	B Kelly (Seat)	14.53

YOUTHS

60:	S Omonua (Har)	7.01
200:	S Bryant (C&T)	22.48
400:	G Bullock (Liv)	48.15 CBP
800:	E King (B&A)	1:58.72
1,500:	E Bowen (Leam)	4:06.41
60H:	C Pember (Here)	8.43
HJ:	S Ohrland (Chelm)	1.99
PV:	N Turner (Oxf)	3.90
LJ:	D Gilkes (B'hth)	6.15 CBP
TJ:	A Woodhouse (B'hth)	13.31
SP:	D Burnett (Thur, Y)	15.51

BOYS

60:	J Williams (Har)	7.22 CBP
200:	M Tietz (Der)	23.32
800:	P Draper (Bury)	2:04.77
60H:	M Clements (Camb)	8.30 CBP

JUNIOR WOMEN

60:	J Maduaka	7.59
200:	S Smith (Hallam)	25.03
400:	V Rhodes (Hallam)	57.10
800:	A Smith (UCD)	2:09.07
1,500:	A Crowe (Dun)	4:30.46
60H:	B Edwards (Car)	8.47
HJ:	A Evans (S&S)	1.74
LJ:	R Irving (Wirr)	5.94
TJ:	K Evans (Shrew)	11.54 CBP
SP:	E Merry (Cov)	13.06

INTERS

60/200:	J Sloane (Stour)	7.68/24.86
800:	L Edge (WSE)	2:19.30
1,500:	H Todd (Gate)	4:38.51
3,000:	C Anley (Lut)	11:07.14
60H:	O Bermingham (Ex)	8.75
HJ:	N Jupp (Read)	1.73
LJ:	T McCammon (Hayes)	5.65
SP:	H Wilding (Wirr)	11.52

GIRLS

60:	J Bevan (B&R)	7.94
200:	M Clarke (West)	25.93
800:	H Curnock (Yate)	2:14.91
60H:	E Fairs (C'field)	9.33
HJ:	S Jones (Wig)	1.60
LJ:	K Dowsett (Ex)	5.19
SP:	N Dhaliwal (CoG)	12.50

INTER-COUNTIES, CORBY 25TH MAY

MEN

100:	L Paul (Suff)	10.54
200:	D Campbell (Ches)/ S Gookey (Yks)	21.06
400:	C Southam (Leic)	46.91
800:	P Larkins (Kt)	1:50.25
Mile:	I Hamer (Gwent)	4:03.57
5,000:	G Butcher (Hants)	14:06.14
10,000:	T Graham (N'hants)	30:50.42
110H:	P Grant (Mx)	14.06
400H:	G Dunson (Camb)	50.93
3,000SC:	W Aylesbury (Yks)	8:49.59
HJ:	D Grant (Ex)	2.28
PV:	R Kingman (Norf)	4.90
LJ:	S Phillips (Warks)	7.69
TJ:	F Agyepong (Mx)	16.38
SP:	S Wyte (Beds)	16.55
DT:	A Ekoku (Sy)	55.74
HT:	P Head (Ex)	70.02
JT:	M Hill (Yks)	80.42 CBP
3kmW/10kmW:	M Bell (W Sco)	12:25.79/43:09.00

UK CHAMPS, SHEFFIELD 6/7TH JUNE

MEN

100:	L Christie (TVH)	10.43
200:	M Adam (Bel)	20.75
400:	R Black (Team S)	44.84 CBP
800:	C Robb (Liv)	1:46.95
1,500:	S Crabb (Enf)	3:46.81
3,000:	J Nuttall (Pres)	7:58.69
5,000:	I Robinson (Pres)	14:03.93
10,000:	E Martin (Bas) (AAA Champs)	28:02.56
110H:	C Jackson (Brec)	13.43
400H:	K Akabusi (Team S)	49.00 CBP
3,000SC:	C Walker (Gate)	8:32.66
HJ:	B Reilly (Cor)	2.30 CBP
PV:	M Edwards (Bel)	5.30
LJ:	S Faulkner (Bir)	7.86
TJ:	J Edwards (Gate)	16.51
SP:	P Edwards (Bel)	18.77
DT:	A Ekoku (Bel)	56.42
HT:	P Head (NEB)	71.06
JT:	M Hill (Leeds)	84.38

WOMEN

100:	M Richardson (WSE)	11.58
200:	P Smith (Wig)	23.46
400:	S Douglas (Traff)	52.73
800:	L Robinson (Cov)	2:04.47
1,500:	B Nicholson (Tip)	4:13.16
3,000:	L McColgan (DHH)	8:56.01
10,000:	A Wallace (Tor) (WAAA Champs)	32:21.61
100H:	K Morley-Brown (Car)	13.59
400H:	G Retchakan (Thurr)	55.42
HJ:	D Marti (Brom)	1.89
LJ:	Y Idowu (Ox)	6.66
SP:	M Augee (Brom)	17.84
DT:	J McKernan (Lis)	55.44
JT:	A Liverton (Exe)	56.10

AAA MULTI-EVENTS CHAMPS, SHEFFIELD 5/6TH JUNE

MEN

Dec:	A Kruger (Bor)	7,582

WOMEN

Hept:	C Court (Bir)	5,846

SOUTHERN CHAMPS, CRYSTAL PALACE 13/14TH JUNE

MEN

100:	J Livingston (SB)	10.09 CBP
200:	L Christie (TVH)	20.71 CBP
400:	A Mafe (Lon I)	45.81 CBP
800:	A Lill (NEB)	1:46.84 CBP
1,500:	M De Freitas (Ports)	3:44.06
5,000:	D Buzza (Corn)	14:04.69
110H:	J Ridgeon (Bel)	13.75
400H:	M Robertson (Bel)	50.77
3,000SC:	S Newport (B'hth)	8:46.07
HJ:	D Grant (Har)	2.20
PV:	M Edwards (Bel)	5.35 CBP
LJ:	C Cotter (Ply)	7.20
TJ:	J Golley (TVH)	16.39
SP/DT:	S Williams (Enf)	17.70/56.54
HT:	P Head (NEB)	71.38 CBP
JT:	M Cottrell (Bel)	65.46

WOMEN

100/200:	S Jacobs (Read)	11.64/23.89
400:	S Leigh (SNH)	53.88
800:	K Holmes (Mx)	2:07.26
1,500:	C Cahill (Gate)	4:12.21
3,000:	J Briggs (Craw)	9:37.85
100H:	J Agyepong (SB)	13.37
400H:	S Gunnell (Ex)	55.33 CBP
HJ:	L Haggett (Croy)	1.85 CBP
LJ:	M Berkeley (SB)	6.33
SP:	M Augee (Brom)	17.94
DT:	T Axten (Houn)	51.04
JT:	N Bradshaw (Ports)	46.68

MIDLAND CHAMPS, STOKE 13/14TH JUNE

MEN

100:	L Asquith (Bir)	10.63
200:	P Delice (TRI)	21.51
400:	M Waldron (W&B)	48.31
800:	N Pearson (Bir)	1:49.33
1,500:	P Davies (Leic)	3:48.28
5,000:	C Udall (Omega)	14:16.52
110H:	A Brannen (Stoke)	14.72
400H:	P Hibbert (Bir)	54.17
3,000SC:	D Ramsden (Cov)	9:23.60
HJ:	A Lynch (Leic)	2.06
PV:	A Gayle (W&B)	4.80
LJ:	S Faulkner (Bir)	7.71
TJ:	A Shadovalov (Here)	14.98
SP:	P Adams (Sale)	15.57
DT:	G Smith (SSH)	57.14
HT:	S Pearson (W&B)	61.62
JT:	A Greatbach (Newc)	59.74

WOMEN

100:	G McLeod (Bir)	11.7
200:	E Waldo (Bir)	25.03
400:	P Smith (Wig)	51.08 CBP
800:	M Newman (Leic)	2:10.12
1,500:	S McGeorge (B&H)	4:18.75
100H:	C Court (Bir)	13.28 CBP
400H:	G Luke (AUS)	57.83
HJ:	A Purton (Bir)	1.70
LJ:	D Lewis (Bir)	5.86
SP:	C Cooksley (Cov)	14.27 CBP
DT:	E Merry (Cov)	48.50
JT:	S Gibson (Notts)	51.12

NORTHERN CHAMPS, BLACKPOOL 14TH JUNE

MEN

100:	D Campbell (Sale)	10.46
200:	A Condon (Sale)	21.75
400:	G Bullock (Liv P)	47.97
800:	M Benson (Leeds)	1:50.96
1,500:	D Ottaway (E Hull)	3:56.1
5,000:	A Lyons (CoH)	14:05.36
110H:	M Nicholson (Bir)	14.56
400H:	B Brown (Leeds)	51.97
3,000SC:	M Hawkins (Bing)	8:56.56
HJ:	S Smith (Liv)	2.28 CBP
PV:	A Ashurst (Sale)	5.18
LJ:	P Johnson (Bir)	7.51
TJ:	S Reynolds (Spen)	14.90
SP:	M Fletcher (Sheff)	16.48
DT/HT:	P Gordon (Har)	55.30/57.48
JT:	R Hooper (Bir)	63.50

WOMEN

100:	C Chambers (Der)	11.76
200:	L Stuart (Sale)	24.40
400:	S Elson (Leeds)	55.10
800:	D France (Hull A)	2:09.15
1,500:	D Brockley (E Ches)	4:23.09
3,000:	S Bentley (C&N)	9:36.37
100H:	A Thorp (Wig)	13.69
400H:	J Tootell (Wig)	1:00.85
HJ:	K Mason (Sale)	1.75
LJ:	F May (Der)	6.76
TJ:	A Forbes (Traff)	11.68
SP/DT:	K Farr (Wig)	13.94/47.60
JT:	S Holroyd (Sale)	52.16

OLYMPIC TRIALS, BIRMINGHAM 27/28TH JUNE

MEN

100:	L Christie (TVH)	10.09
200:	J Regis (Bel)	20.27

TIPTON'S TOAST IS THE TEAM SPIRIT

THIS has been the most successful year in the history of Tipton Harriers, climaxing a record of consistency in road and cross-country running over the past 15 years, *Bud Baldaro writes.*

The roll of honour reads: National Cross-country team, National Cross-country Relays, AAA Half-marathon, AAA Marathon, National 12-Stage, AAA 10 Miles, AAA Six-Stage and AAA 10km titles.

Unlike Gateshead Harriers and Birchfield Harriers, the glory has not evolved from the brilliance of a Brendan Foster or Ian Stewart, but rather from a tremendous team spirit and tremendous sense of commitment.

The club's foremost name remains Jack Holden, who enjoyed a record of national and international wins in the Thirties and Forties unlikely to be equalled. Then came a quiet period for close to 20 years.

Then 1961 saw Tipton take the Junior National Cross-country title, which ushered in an era of periodic success at national level, before the sensational successes of the Eighties and Nineties.

Key figures in the take-off of Tipton's fortunes were Allan Rushmer, Andy Holden and Tony Milovsorov.

Rushmer, a bronze medallist in the 1966 Commonwealth Games, was to prove an inspiration and role model to many.

When he was joined by Holden, the stage was set. Holden, a hard drinker and even harder runner, quickly won the respect and affection of the normally taciturn Tipton folk.

Almost simultaneous with Holden's arrival, came a local Wednesfield school lad Milovsorov. Both were to prove the cornerstone of Tipton's road relay success. Between them, they have won a remarkable 34 12-Stage medals since 1974.

Milovsorov's tally of national championship medals now stands at 50. In 1992, he contributed to four of Tipton's titles - the AAA 10 miles team, AAA 10km total, the Six-Stage and 12-Stage Relay.

This year has seen four 12-Stage titles on the trot. The next target is to break the four-hour barrier.

Bristol AC hold the record of 4:00:31, which has survived for more than a decade.

Certainly Tipton's success is not based on fabulous facilities. Tipton lies in the heart of the Black Country and it is claimed that when Queen Victoria was travelling through the area, the blinds of the train compartment were drawn lest the ugliness of the area should offend the monarch.



SCHOOL DAYS: Costello Park at Hull hosted the year's English Schools' Championships

400:	C Daniel (T&T)	44.84
800:	C Robb (Liv)	1:45.16
1,500:	K McKay (Sale)	3:37.51
3,000:	F O'Mara (IRL)	7:59.97
5,000:	J Buckner (Charn)	13:22.50
110H:	C Jackson (Brec)	13.15
400H:	K Akabusi (Team S)	49.16
3,000SC:	C Walker (Gate)	8:25.15
HJ:	S Smith (Liv)	2.31
PV:	I Tullett (Bel)	5.30
LJ:	D Culbert (AUS)	7.85
TJ:	J Golley (TVH)	16.81
SP:	P Edwards (Bel)	19.08
DT:	W Reiterer (AUS)	61.78
HT:	S Carlin (AUS)	74.60
JT:	S Backley (Camb H)	88.14
10kmW:	M Rush (Lough S)	41:46.42

WOMEN

100/200:	M Gainsford (AUS)	11.38/23.04
400:	M Freeman (AUS)	51.14
800:	D Edwards (Sale)	2:00.41 CBP
1,500:	Y Murray (Edin)	4:05.87
3,000:	L York (Leic)	8:50.18
100H:	S Gunnell (Ex)	13.13
400H:	G Retchakan (Thurr)	55.04
HJ:	L Haggett (Croy)	1.89
LJ:	F May (Der)	6.70
TJ:	R Kirby (Houn)	13.09
SP:	M Augee (Brom)	17.29
DT:	J McKernan (Lis)	54.48
JT:	T Sanderson (Houn)	63.26
5kmW:	V Lupton (Sheff)	22:12.21

SOUTHERN U20 CHAMPS, CRYSTAL PALACE 4/5TH JULY

JUNIOR MEN

100/200:	J Fergus (Brent)	10.52/21.34
400:	S Ciaravella (C&T)	48.58
800:	P Baker (Ports)	1:54.25
1,500:	S Barden (GEC)	3:53.14
110H:	N Owen (Croy)	14.06
400H:	S Marney (Read)	55.16
2,000SC:	D Furmidge (Ryde)	5:59.72
HJ:	A Weston (Read)	2.07
PV:	M Weaver (Old G)	4.40
LJ:	N Ansell (TWL)	6.84
TJ:	O Achike (Worth Sch)	15.07
SP:	J Cockburn (Thur)	16.35
DT:	L Newman (Yeo)	56.10
HT:	M Croad (Old G)	59.42
JT:	M Enever (Thur)	58.58
10kmW:	J O'Rawe (S'end)	48:38.60

JUNIOR WOMEN

100/200:	J Maduaka (Brom)	11.98/24.52
400:	C Espley (Ton)	56.55
800:	S Gallop (B'mth)	2:11.89
1,500:	P Radcliffe (Bed)	4:16.82 CBP
3,000:	C Peet (Bed)	10:14.22
100H:	M Wilkins (Brack)	14.04
400H:	M Major (Bas)	64.29
HJ:	F Samphire (Dorch)	1.65
LJ:	J Dear (WS&E)	5.92
TJ:	J Falconer (C&T)	11.70
SP:	U Efobi (Brom)	13.59
DT:	S Drew (M&S)	47.32 CBP
HT:	C Manning (Wok)	38.54
JT:	J Burton (Dorch)	42.02
5kmW:	J Taylor (AFD)	31:14.94

MIDLAND U20 CHAMPS, BIRMINGHAM 4/5TH JULY

JUNIOR MEN

100:	S Buttler (W&B)	10.87
200/400:	C Southam (Unatt)	21.72/48.50
800:	J Swift-Smith (West) (14th June)	1:56.74
1,500:	B Sutton (Stoke)	4:17.35
110H:	M Bailey (BHM)	14.64
400H:	M Bennett (W&B)	58.43
2,000SC:	C McGuire (Cor)	6:26.14
HJ:	A Anderson (Bir)	2.00
PV:	C North (Bris)	4.80
LJ:	N Davies (Bir)	6.88
TJ:	D Ricketts (W&B)	14.86
SP:	J Tyler (Stoke)	15.29
DT:	J Murphy (Cor)	51.76
HT:	K Andrews (West)	54.18
JT:	M Welch (Kett)	56.52

JUNIOR WOMEN

100:	J Rolfe (North P)	12.10
200:	K Butler (Cov)	24.51
400:	A Shingler (W&B)	56.61
800:	R Bowen (Leam)	2:13.02 CBP
1,500:	K Britten (Bris)	4:41.19
3,000:	F Fenton (Stoke)	10:23.35
100H:	T Fradley (Stoke)	14.83
400H:	R Bowen (Leam)	1:03.98
HJ:	A Evans (SSH)/K Evans (Shrew)	1.65
LJ:	A Littlehales	5.54
TJ:	C Howlett (Kett)	9.59
SP/DT:	E Everton (Leam)	12.37/42.98
JT:	A Bloxsome (Chelt)	42.94

NORTHERN U20 CHAMPS, HULL 4/5TH JULY

JUNIOR MEN

100:	A Condon (Sale)	10.6
200:	D Walker (C&N)	22.04
400:	P Dunlop (Pres)	49.86
800:	I Mansfield (Linc W)	1:55.51
1,500:	T Crossland (Imp)	3:57.7
5,000:	R Holliday (Roth)	16:14.6
110H:	K Lumsden (Morp)	14.09 CBP
400H:	A Borsumato (Mand)	54.79
2,000SC:	G Sunners (Liv P)	6:08.3
HJ/PV:	P Williamson (Grim)	2.05/4.05
LJ:	L Murphy (Bolt)	6.88
TJ:	S Reynolds (Spen)	14.88 CBP
SP:	B Kelly (Liv)	16.23 eq CBP
DT:	R Russell (Scar)	51.62 CBP
HT:	C Edgar (Sale)	56.44
JT:	T Dobbing (B&F)	64.46

JUNIOR WOMEN

100:	D Hogarth (Pres)	11.65
200:	S Smith (Hallam)	24.83
400:	M Pickersgill (Barns DH)	57.21
800:	C Allsopp (Blay)	2:15.1
1,500:	M Friend (Wig)	4:40.92
100H:	D Allaghreen (Liv)	14.39
400H:	S Ditchfield (Pres)	64.60
HJ:	K Elliott (O&R)	1.58
LJ:	R Irving (Wirr)	6.01
SP:	K Kane (B&F)	12.19
DT:	K Smith (Sale)	43.48
JT:	L Stevenson (Donc)	44.18

ENGLISH SCHOOLS' CHAMPS, HULL 9/10TH JULY

SENIOR BOYS

100:	J Fergus (Ex)	10.98
200:	A Condon (Ches)	21.44
400:	C Southam (Leics)	47.28
800:	M Sesay (W Yorks)	1:52.19
1,500:	M Hibbard (Leics)	3:51.10
3,000:	S Barden (Kt)	8:13.94
110H:	K Lumsdon (N'land)	14.55
400H:	A Bursomato (Cleve)	52.94
2,000SC:	S Keford (Ches)	5:44.60
HJ:	B Reilly (N'hants)	2.18
PV:	N Buckfield (Sx)	5.15CBP
LJ:	W Wyllue (W Mids)	6.96
TJ:	O Achike (Sx)	15.60
SP:	J Tyler (Staffs)	16.41
DT:	E Cole (Ches)	44.06
HT:	A McNicholas (Beds)	56.60
JT:	T Dobbing (Lancs)	61.98

INTER BOYS

100:	C Browne (W Mids)	11.26
200:	C Archer (Mx)	22.61
400:	G Bullock (Lancs)	48.40
800:	C Beswick (G Man)	1:56.05
1,500:	S West (Leics)	3:59.9
3,000:	S Jackson (Der)	8:46.6
110H:	C Pember (H&W)	13.78
400H:	A Bargh (Hants)	53.71
1,500SC:	B Reese (Ches)	4:23.58
HJ:	M Latham (Staffs)	2.03
PV:	M Davis (N'hants)	4.10
LJ:	J Clawley (Staffs)	6.87
TJ:	M Bramble (Lon)	14.30
SP:	P Sleby (Hants)	17.36
DT:	R McKenna (Herts)	48.54
HT:	N Steinmets (Bed)	61.60
JT:	T Eldridge (Ex)	60.80

JUNIOR BOYS

100:	C Edo (Lon)	11.30
200:	G Beasley (Beds)	23.12
400:	C Slater (Bucks)	52.03
800:	R Cartwright (Leics)	2:03.23
1,500:	D Canning (G Man)	4:14.10
80H:	M Clements (Cambs)	10.86CBP
HJ:	L Broomfield (Sy)	1.82
PV:	M Parley (Av)	3.80
LJ:	D Gilkes (Lon)	6.50
TJ:	S Joseph (Ex)	12.71
SP:	S Burman-Roy (Kt)	14.70
DT:	B Walker (Herts)	44.42
HT:	R Walker (Humb)	55.26
JT:	S Forster (G Man)	49.82

SENIOR GIRLS

100:	D Hoggarth (Lancs)	12.05
200:	D Bannister (Lon)	25.09
400:	H Frost (Leics)	55.73
800:	S Gallop (Dor)	2:10.37
1,500:	J Mitchell (Sy)	4:23.91
3,000:	P Radcliffe (Beds)	9:04.37CBP
100H:	D Allahgreen (Mers)	14.21
400H:	L Sutton (Ches)	1:00.80
HJ:	K Evans (Shrop)	1.78
LJ:	R Irving (Mers)	5.96
SP:	U Efobi (Lon)	13.82
DT:	E Merry (W Mids)	48.96
JT:	S Holroyd (G Man)	56.50CBP

INTER GIRLS

100:	L Eastwood (Lancs)	12.32
200:	D Mant (Dor)	24.92
300:	S Cocker (Mers)	40.79
800:	T Ashcroft (Dur)	2:14.34
1,500:	S Murphy (Mx)	4:38.36
3,000:	J Mackay (Herts)	9:46.59
80H:	J McAughterie (G Man)	11.54
300H:	A Curbishley (Cleve)	43.45
HJ:	L Evans (Suff)	1.73
LJ:	A Forester (Dur)	5.81
SP:	H Wilding (Mers)	12.05
DT:	C Davies (Berks)	39.52
JT:	K Morrison (Kt)	47.48

JUNIOR GIRLS

100:	A Waite (Ex)	12.50
200:	E Ania (Mx)	25.43
800:	H Curnock (Gloucs)	2:13.84
1,500:	C Wood (N'land)	4:41.41
75H:	E Fairs (Der)	11.29
HJ:	K Durham (Cumb)	1.69
LJ:	R Lewis (Ches)	5.48
SP:	C Bennett (Sy)	12.29
DT:	L Braddock (Berks)	35.04
JT:	C Wynter-Pink (Sy)	40.54

EUROPEAN U23 CUP, GATESHEAD 18/19TH JULY

MEN

MATCH: 1, Germany 93; 2, GREAT BRITAIN 87; 3, Italy 68; 4, Finland 53; 5, France 53; 6, Spain 45

100:	J LIVINGSTON	10.72
200:	G Marras (ITA)	21.17
400:	D GRINDLEY	45.57
800:	C ROBB	1:49.46
1,500:	K Chekemany (FRA)	4:03.64
110H:	M Fenner (GER)	13.94
400H:	E Francioscì (ITA)	50.76
3,000SC:	K CULLEN	8:37.74
HJ:	S SMITH	2.25
PV:	T Lobinger (GER)	5.50
LJ:	G Ackermann (GER)	7.94

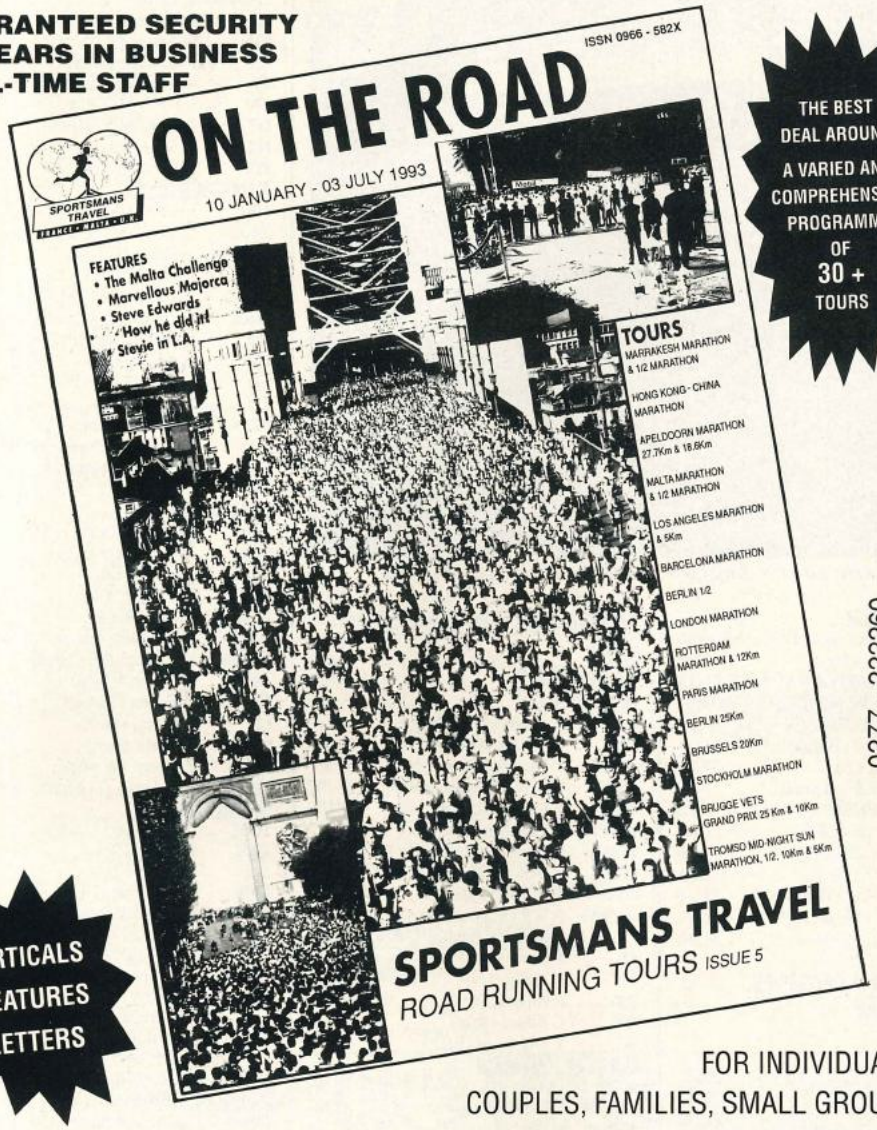
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10 JAN	MARRAKECH M/1/2	18 APR	ROTTERDAM M/12K	07 AUG	HELSINKI M	17 OCT	PARIS 20K
31 JAN	HONG KONG CHINA M	25 APR	PARIS M	21 AUG	TOUQUET 20K/10K	24 OCT	REIMS 1/2/10K
06 FEB	APELDOORN M	02 MAY	BERLIN 25K	12 SEPT	BRUSSELS M	07 NOV	HAGUE 10M
14 FEB	MALTA M/1/2	30 MAY	BRUSSELS 20K	19 SEPT	G.N.R. 1/2	12 NOV	MALTA 11.2K + 6K + 25K
07 MAR	LOS ANGELES M/5K	05 JUN	STOCKHOLM M	26 SEPT	AMSTERDAM M/1/2	14 NOV	NEW YORK M
14 MAR	BARCELONA M	20 JUN	BRUGGE VETS 25K/10K	26 SEPT	BERLIN M	21 NOV	BENIDORM M/1/2
04 APR	BERLIN 1/2	03 JUL	TROMSO M/1/2/10K/5K	03 OCT	LYON M	05 DEC	MAJORCA M/1/2
18 APR	LONDON M			10 OCT	ATHENS M		

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TJ:	J GOLLEY	16.21
SP:	M Koistinen (FIN)	18.65
DT:	G SMITH	57.58
HT:	J BYRNE	71.86
JT:	M Parviainen (FIN)	77.26
4x100:	GREAT BRITAIN	39.11
4x400:	GREAT BRITAIN	3:01.03

WOMEN

MATCH: 1, Germany 86; 2, GREAT BRITAIN 85; 3, Romania 67; 4, Italy 66; 5, Czechoslovakia 65; 6, Spain 44; 7, Hungary 35

100:	A McGILLIVARY	11.65
200:	P COHEN	24.10
400:	M Derr (GER)	52.86
800:	F Trabaldo (ITA)	2:03.91
1,500:	L YORK	4:09.34
3,000:	P RADCLIFFE	9:07.69
100H:	K MADDOX	13.63
400H:	L FRASER	56.73
HJ:	A Bevilacqua (ITA)	1.92
LJ:	M Toh (ROM)	6.36
TJ:	S Kasparkova (TCH)	14.00
SP:	H Hoofer (GER)	17.04
DT:	N Gradinaru (ROM)	
JT:	S Riewe (GER)	57.78
4x100:	Germany	44.08
4x400:	Germany	3:32.69

AAA U20 CHAMPS, STOKE 25/26TH JULY

JUNIOR MEN

100/200:	D Campbell (Sale)	10.48/21.01
400:	C Southam (Charn)	46.74
800:	P Walker (Liv)	1:50.54
1,500:	M Hibberd (Leic)	3:48.38
5,000:	S Barden (GEC)	14:26.27
110H:	N Owen (Croy)	14.36
400H:	N Levy (B'hth)	52.42
3,000SC:	S Kefford (Warr)	9:09.21
HJ:	A Anderson (Bir)	2.11
PV:	N WInter (SB)	5.35 CBP
LJ:	C Howard (Ox)	7.48
TJ:	A Achike (Craw)	15.31
SP:	S Hayes (Hav)	15.34
DT:	L Newman (Yeo)	51.22
HT:	M Croad (Old G)	56.22
JT:	D MacDonald (Trin Sch)	60.60
10kmW:	D Culliman (IRL)	44:13.91

JUNIOR WOMEN

100:	D Hoggarth (Pres)	11.66
200:	K Merry (Bir)	23.90
400:	H Frost (Leic)	54.77
800:	C Mayock (Barns DH)	2:09.86
1,500:	J Mitchell (Croy)	4:25.43
3,000:	K MacKay (SB)	9:38.55
100H:	B Edwards (Car)	14.05
400H:	V Rhodes (Hallam)	59.93
HJ:	H Melvin (Troon)	1.76
LJ:	L Armstrong (Torf)	6.16
TJ:	S Anderson (Brom)	11.95
SP:	A Grey (Edin)	15.08
DT:	E Merry (Cov)	49.22
JT:	K Martin (Der)	55.72
5kmW:	T Ashman (Bir)	25:32.95

ROAD

ACKWORTH HALF-MARATHON 22ND MARCH

MEN

1, E Hyland (Red)	1:07:12 (rec)
2, R Butterfield (Vall Str)	1:08:14
3, T Wilson (Vall Str)	1:08:17

WOMEN

1, S Garrod (Goole, W35)	1:27:45
2, S Ross (Long)	1:28:48
3, M Wilson (Hors, W35)	1:30:31

ALSAGER 5 2ND FEBRUARY

MEN

1, C Udall (Omega)	23:24
2, P Fowler (Tip)	23:29
3, K Lamb (W&B)	23:33

WOMEN

1, A Wright (B'north)	26:49
2, S Bentley (C&N)	28:53
3, E Statham (Stoke, W45)	29:34

ANNAN RIVER RACES 1ST MARCH

MEN

1, M Carroll (Ann)	30:14 (rec)
2, A Russell (L&D)	31:03
3, D Scobie (Dum)	32:32

WOMEN

1, E Reid (Nith)	18:22
2, L White (Stew)	18:42
3, A Woodcock (Der)	18:50

ASKERN 10 16TH AUGUST

MEN

1, T Gebrea (ETH)	50:00
2, D Cooney (Sheff)	50:08
3, D Bond (Barns DH)	51:33

WOMEN

1, J Beckford (Cov, W45)	1:05:27
2, C Boyd (Roth, W35)	1:06:06
3, S Garrod (Goole, W35)	1:07:24

BANBURY 5 23RD JUNE

MEN

1, B O'Connor (Tip)	24:14
2, B McEvoy (Row)	24:56
3, E Twohig (Row)	24:58

WOMEN

1, K Murphy (Leam)	30:12
2, H Hopkins (Leam)	30:24
3, R Andrews (Ban)	30:33

BANGOR 10KM, NORTHERN IRELAND 19TH SEPTEMBER

MEN

1, G Kebiga (KEN)	28:41
2, D Long (WMT)	29:45
3, J Ferrin (NBH)	29:49

WOMEN

1, A Turek (Lis)	35:00
2, M O'Neill (DO)	35:25
3, E Hill (Bray)	35:36

BARNSLEY 6 2ND AUGUST

MEN

1eq, D Lewis (Ross)/B Turubea (ETH)	29:57
3, C Thackery (Hallam)	30:26

WOMEN

1, S Rigg (Sale)	35:28
2, J Harrison (Bath)	38:10
3, L Melkavik-Mawer (Clee)	39:27

BARNSLEY 10KM 15TH NOVEMBER

MEN

1, Z Miano (KEN)	28:44
2, M Flint (Tel)	29:08
3, J Kipkoskei (KEN)	29:10

WOMEN

1, S Rigg (Sale)	34:10
2, L Harding (Hough)	34:44
3, H Nash (Torf)	34:51

BATH CITY CENTRE 5KM 17TH JUNE

MEN

1, S Brace (Bridge)	14:12
2, M Vile (West)	14:14
3, D McNeilly (Bris)	14:15

WOMEN

1, E Turner (Glas)	17:19
2, J Harrison (Bath)	17:37
3, L Francis (Car)	17:50

BATHPOOL 5, STOKE ON TRENT 29TH FEBRUARY

MEN

1, T Spelman (Stoke)	24:14
2, M Roberts (PMAC)	24:15
3, A Hartveld (Stoke)	24:34

WOMEN

1, S Bentley (C&N)	29:43
2, T Bailey (PMAC)	29:51
3, C Kilkenny (C&S, W35)	30:19

BEITH HARRIERS NEW YEAR RACES 2ND JANUARY

MEN

1, W Richardson (Irv)	23:52
2, S Wylie (Cam)	23:54
3, G Reid (JWK, J)	24:16

WOMEN

1, S Kennedy (VP)	13:47
2, J Roxburgh (Irv)	13:53
3, L McGarrity (SV)	14:04

BELFAST CITY GUINNESS MARATHON 4TH MAY

MEN

1, J Kiernan (Clan)	2:20:52
2, A Donaldson (DO)	2:22:39
3, P O'Donaghue (Omega)	2:24:12

WOMEN

1, C Smith (DH)	2:42:41(rec)
2, B Murphy (Cork)	2:45:59
3, E Hill (Bray)	2:47:40

BIRCHFIELD 10KM 27TH MAY

MEN

1, T Milovsorov (Tip)	29:34
2, K Lamb (Tip)	30:48
3, S Portman (Tip)	30:58

WOMEN

1, A Wright (Tip)	33:19
2, S Ellis (Bir)	36:15
3, S Lappage (Tip)	36:47

BIRCHFIELD 10 11TH OCTOBER

MEN

1, M Cadman (Tip)	48:19
2, G Rizzo (NVH)	51:12
3, N Ballard (Whit)	52:04

WOMEN

1, B Cardy-Wise (B&R, W40)	57:56
2, S Johnson (Row, W35)	1:06:14

BLAYDON RACES, NEWCASTLE 9TH JUNE

MEN

1, M McLeod (Els, M40)	27:59
2, J Hunter (Loft)	28:12
3, S Parr (Gate)	28:17

WOMEN

1, L Marr (Tyne)	34:21
2, E Robinson (NE Vets)	34:33
3, M Whiteley (Ches)	35:18

BOLTON FESTIVAL 10KM 6TH SEPTEMBER

MEN

1, M Hoey (Chor)	31:25
2, P Cadwallader (Liv)	31:32
3, N Barlow (Horw)	31:37

WOMEN

1, C Price (Bol, W35)	35:49
2, S Catterall (Bol, W35)	39:25
3, J Chaplin (Chor)	40:47

BRAMPTON TO CARLISLE 10, CUMBRIA 21ST NOVEMBER

MEN

1, M Smith (Gate)	49:03
2, P Fleming (Edin)	49:34
3, A Sawyer (Cope)	49:41

WOMEN

1, E Robinson (NE Vets, W35)	58:51
2, M Levy (NE Vets, W35)	59:01
3, E McBrinn (Shett)	59:04

BRIDLINGTON 10 21ST JUNE

MEN

1, A Lyons (CoH)	48:50
2, J Hunter (Loft)	50:02
3, M Price (Sun)	50:36

WOMEN

1, C Newman (Linc W)	58:55
2, L Helkerik-Mawer (Clee)	1:00:11
3, C Wild (Hallam, W40)	1:03:26

BRIGHTON & HOVE AC LEGAL AND GENERAL 10KM 15TH NOVEMBER

MEN

1, A Bristow (B&H)	29:32
2, D Miles (Gate)	29:44
3, D Smith (B'hth)	29:49

WOMEN

1, T Dyer (Peter)	33:52
2, C Weatherill (Chelm)	34:47
3, K Sutton (Croy)	34:53

BRISTOL HALF-MARATHON 31ST MAY

MEN

1, G Mutisya (KEN)	1:04.08
2, D Mungai (KEN)	1:04:08
3, C Matafi (ZIM)	1:05.09

WOMEN

1, L Morton (West)	1:16:05
2, J Gates (B&H)	1:16:32
3, S Ndigingi (KEN)	1:19:17

BURY 20, BURY ST EDMUNDS 23RD FEBRUARY

MEN

1, G Spring (Bed)	1:44:54
2, A Bridge (Soton)	1:47:37
3, M Fromant (W&B)	1:49:20

WOMEN

1, D Sanderson (Wat)	2:01:26
2, M Brayley (Granta)	2:07:42
3, L Taylor (Coll)	2:10:30

CAMBERLEY HALF-MARATHON 8TH MARCH

MEN

1, P Evans (Bel)	1:02:13
2, P Ellis (CAN)	1:04:46
3, V Garner (AFD)	1:06:11

WOMEN

1, C Fielding (HH)	1:20:54

CANTERBURY 10 26TH JANUARY

MEN

1, K McCluskey (Cope)	49:48
2, M Gratton (Inv)	50:41
3, A Beattie (Inv)	51:24

WOMEN

1, C Horne (Craw)	57:39
2, D Sanderson (Wat)	58:45
3, A Hill (WSE)	59:06

CAPITAL/LENSBURY 10KM, TEDDINGTON 7TH JUNE

MEN

1, E Conway (Car)	29:38 (rec)
2, D Knight (B&H)	29:43
3, C Reitz (Omega)	29:47

WOMEN

1, A Ford (Houn, W40)	34:15
2, D Sanderson (Wat)	34:24
3, A Roden (SLH, W45)	35:35

CARDINAL HEENAN 10KM, LEEDS 28TH JUNE

MEN

1, P Cuskin (Sun)	31:07 (rec)
2, G Hull (Leeds)	31:24
3, M Pearson (Long)	31:27

WOMEN

1, D Hepplewhite (Arena, W40)	37:01
2, C Hunter-Rowe (P&B)	37:23
3, K Drake (Spen)	38:00

CHEADLE SPRING 6, STOKE-ON-TRENT 8TH MARCH

MEN

1, M Cadman (Tip)	29:24 (rec)
2, R Keeney (Tel)	30:16
3, J Walker (SMAC)	30:42

WOMEN

1, W Farrow (Der)	34:36
2, J Jones (BHM)	35:31
3, G Steadman (C&S)	36:10

CHEDDLETON CHRISTMAS PUDDING 10KM, STOKE ON TRENT 28TH NOVEMBER

MEN

1, P Clemens (Omega)	31:32

2, M Connelly (Sheff) 31:51
3, T Morrey (Stoke) 31:57
Women
1, S Bentley (C&N) 37:53
2, C Kilkenny (C&S, W35) 38:01
3, S Rowson (Macc, W40) 40:14

CHELMSLEY 10KM, CHELMSLEY WOOD 14TH JUNE

MEN
1, J Gomdedza (ZAM) 29:16
2, L Mathews (Ox) 29:18
3, D Payne (Tip) 29:57
WOMEN
1, A Wright (Tip) 34:09
2, J Sakzak (ZAM) 35:03
3, D Robinson (N'brook) 37:18

CHELMSLEY WOOD 10, SOLIHULL 4TH OCTOBER

MEN
1, J Kipkoskei (KEN) 48:17
2, M Cadman (Tip) 48:21
3, A Jackson (Stour) 48:33
WOMEN
1, B Cardy-Wise (B&R, W40) 57:08
2, D Underwood (Cent) 1:00:41
3, D Robinson (N'brook) 1:01:47

CHRIS VOSE 10KM, WARRINGTON 12TH APRIL

MEN
1, N Smart (Sale) 30:18
2, N Rimmer (Sale) 30:21
3, M Girvan (Warr) 30:44
WOMEN
1, S Crehan (Sale) 36:03
2, J Bordman (Leigh) 37:40
3, A Cartwright (Wrex, W35) 38:05

CHURCHFIELDS 5, STOKE-ON-TRENT 16TH FEBRUARY

MEN
1, T Spelman (Stoke) 25:53
2, A Hartveld (WR) 25:59
3, M Dalkins (Stoke) 26:05
WOMEN
1, T Bailey (PMAC) 30:45
2, J Allen (Bidd) 31:04
3, J Lanzor (Stoke) 32:46

CITY OF DUNDEE PEOPLE'S HALF-MARATHON 11TH OCTOBER

MEN
1, S Axon (HBT) 1;06:51
2, T Thomson(CRAC) 1:07:08
3, I Matheson (TVH) 1:07:47
WOMEN
1, L McColgan (DHH) 1:08:42
2, M Muir (DRR) 1:22:02
3, C Brown (Fife,W35) 1:23:49

CLEETHORPES NEW YEAR'S DAY 10KM 1ST JANUARY

MEN
1, A Lyons (CoH) 30:05
2, E Hyland (Red) 30;38
3, D Cooney (Sheff) 30:45
WOMEN
1, Bennett 34:32
2, Melkevik-Mayer (Clee) 34:45
3, Newman (Linc W) 34:57

CLEVEDON 10KM 9TH JUNE

MEN
1, D McNeilly (Bris) 30:11
2, A Gore (West) 31:12
3, A Crane (Clev) 31:21
WOMEN
1, V McConnell (West) 37:50
2, K Sampson (Somer) 39:36
3, J Manners (Clev) 40:57

CREWE 8 10TH MAY

MEN
1, P Whitehead (Sky) 39:33
2, M Roberts (PMAC) 39:33
3, P Martin (Tip) 39:38
WOMEN
1, J Casey (Barr) 46:46
2, C Kilkenny (C&S, W35) 48:07
3, S Johnson (C&S, W35) 51:22

CUPAR 6, FIFE 29TH FEBRUARY

MEN
1, A Hutton (CPH) 27:34
2, T Mitchell (Fife) 28:16
3, B Kirkwood (RCE) 28:25
WOMEN
1, L McColgan (DHH) 30:06(rec)
2, J Salvona (Liv) 35:52
3, C Brown (Fife, W35) 36:12

DARTFORD HALF-MARATHON 26TH JULY

MEN
1, G Jerwood (HHH) 1:09:58
2, A Holt (Ver) 1:10:03
3, I Patten (Dart) 1:12:00
WOMEN
1, H Heasman (Inv) 1:20:42
2, S Martin (Med, W35) 1:22:24
3, M Statham (Holl S) 1:23:25

DAVE LEM MEMORIAL 5, LEICESTER 8TH NOVEMBER

MEN
1, P Larkins (NVH) 24:00
2, K Lamb (Tip) 24:16
3, A Long (Coal) 25:15
WOMEN
1, K Ramsey (Charn) 29:24
2, H Jennings (B Leys) 29:49
3, C Bird (BTR, W40) 31:06

DERWENT WATER 10, KESWICK 1ST NOVEMBER

MEN
1, K McCluskey (Cope) 51:17
2, A Sawyer (Cope) 51:36
3, D Farrell (Bord) 53:17
WOMEN
1, C Hunter-Rowe (P&B) 1:00:28
2, J Casey (BFS) 1:01:29
3, E Robinson (NE Vets, W40) 1:02:14

EAST CHESHIRE 7, ASHTON-UNDER-LYME 13TH SEPTEMBER

MEN
1, K McCluskey (Cope) 33:58
2, P Green (E Ches) 35:17
3, J Boothroyd (Sale) 35:59
WOMEN
1, S Boam (E Ches) 42:34
2, T Sloan (Belle V) 44:15
3, C Iwahashi (USA) 44:48

EDINBURGH TO GLASGOW RELAY 15TH NOVEMBER

MEN
1, Racing Club Edinburgh 3:38:50
2, Falkirk Victoria 3:41:41
3, Skaig, Norway 3:43:19

FAREHAM 10 26TH JANUARY

MEN
1, T Buckner (Hav) 49:30
2, T Clark (Poole) 49:46
3, M Mannion (B'mth) 49:59
WOMEN
1, S Dilnot (Lords) 56:21
2, D Noy (Hav) 57:41
3, C Duncan (Ald S, W35) 58:26

FELIXSTOWE HALF-MARATHON 11TH OCTOBER

MEN
1, N Powley (Felix RR) 1:07:27(rec)
2, J Davey (Ips J) 1:12:06
3, A Dawson (St Ed P) 1:13:13
WOMEN
1, S Eastall (St Ed P) 1:15:05
2, D Guite (Felix RR, W35) 1:26:43
3, S Gould (Ips J, W45) 1:32:16

FERRIBY 10 5TH JANUARY

MEN
1, M Lavender (Barns DH) 49:25
2, D Tune (CoH) 49:46
3, S Timmins (Barns DH) 51:33
WOMEN
1, K Bennett (Grim) 1:00:28
2, K Palmer (Grim) 1:00:39
3, F Fenwick (Grim) 1:04:43

FLEET HALF-MARATHON 22ND MARCH

MEN
1, B Dee (Lut) 1:02:47
2, S Brace (B'end) 1:04:53
3, V Garder (AFD) 1:05:17
WOMEN
1, P Fudge (Houn, W35) 1:15:42
2, T Dyer (Peter) 1:16:51
3, T Ball (LOAC, W35) 1:20:48

FOLKESTONE PROMENADE 10 4TH APRIL

MEN
1, S Hesketh (Med) 52:03
2, H Mountcastle (Hast) 52:29
3, P Tomlinson (Inv) 53:58
WOMEN
1, Hall (Ash, W35) 1:02:05
2 C McCarthy (Unatt, W35) 1:02:41
3, M Smith (Ash, W55) 1:05:09

FOOTHOLD 10, GATESHEAD 31ST MAY

MEN
1, M Hudspith (Morp) 49:36
2, M Price (Sun) 50:39
3, I Ellis (Els) 50:51
WOMEN
1, J Coleby (Dur, W35) 1:00:45
2, G Beedle (Heat) 1:02:16
3, S Laws (Der) 1:04:10

GATESHEAD RACES 25TH OCTOBER

MEN (10KM)
1, S Cram (J&H) 29:58
2, G Staines (Bel) 30:13
3, S Parr (Gate) 30:33
WOMEN (4M)
1, C Naisby (Hough) 23:15
2, C Gowland (Spen) 23:33
3, L Marr (Tyne) 23:51

GLASGOW UNIVERSITY RACES 7TH NOVEMBER

MEN (4.75M)
1, P Dugdale (Horw) 22:35
2, R Quinn (Kil) 22:38
3, A Puckrin (Green G) 22:54
WOMEN
1, L McColgan (DHH) 24:00
2, V McPherson (Glas U) 25:16
3, A Syme (GU) 26:54

GREAT WEST RUN EXETER 4TH MAY

MEN
1, P Davies-Hale (C&S) 1:04:15
2, D Neal (RN) 1:04:31
3, I Cornford (SB) 1:05:01
WOMEN
1, A Wallace (Torb) 1:12:36
2, S Dilnot (Lords) 1:17:02
3, S Wightman (Car) 1:18:58

GROVE 6, WANTAGE 8TH AUGUST

MEN
1, R Hackney (AFD) 29:38
2, W Buxton (Bris) 29:50
3, G Spring (Bed) 30:02
WOMEN
1, D Hoare (Over) 34:53
2. l Turner (Row) 36:15
3, F Wycherley (Wit) 37:56

GUY FAWKES 10KM CLEETHORPES 31ST OCTOBER

MEN
1, P Cuskin (Sun) 29:59
2, S Mitchell (Leeds) 30:51
3, E Hyland (Red) 30:54
WOMEN
1, T Dyer (Peter) 33:34 (rec)
2, A Bell (Linc W) 34:27
3, L Melkevik-Mawer (Clee) 35:09

HARROGATE 10KM 12TH JULY

MEN
1, K McCluskey (Cope) 29:59
2, D Cooney (Sheff) 30:14
3, D Beris (S'shield) 31:21
WOMEN
1, L Melkevic-Mower (Clee) 36:31
2, A Gill (Air) 38:19
3, N Porter (Heat) 38:29

HARROGATE LIONS NEW YEAR RESOLUTION 10KM 5TH JANUARY

MEN
1, M Hawkins (Bing) 30:42
2, M Peters (Sal) 30:48
3, D MacMillan (Rown) 31:30
WOMEN
1, T Dyer (Peter) 35:56
2, C Hunter-Rowe (P&B) 37:05
3, K Drake (Spen) 37:28

HARROW 10KM 11TH APRIL

MEN
1, P Froggatt (Newp) 30:03
2, J Gentry (NEB) 30:33
3, A Catton (Ilf) 30:50
WOMEN
1, C Shum (C&S) 34:42
2, S Dixon (Park) 35:09
3, T Tuohy (LOAC) 36:06

HASTINGS HALF-MARATHON 11TH MARCH

MEN
1, W Koech (KEN) 1:02:36
2, L Aguta (KEN) 1:04:32
3, D Lewis (Ross) 1:06:01
WOMEN
1, A Wallace (Tor) 1:13:15
2, J Gates (B&H) 1:18:08
3, S Whiteman (Car) 1:19:04

HEATON RACES, NEWCASTLE 8TH NOVEMBER

MEN (10KM)
1, S Cram (J&H) 28:46
2, P Taylor (Cope) 28:47
3, M McLeod (Els) 29:13
WOMEN
1, S Hogg (Blay) 35:45
2, M Whitley (CleS) 35:59
3, K Mosson (Bord) 36:05

HILLINGDON 5, RUISLIP 16TH FEBRUARY

MEN
1, J Goater (SB) 23:34
2, B O'Connor (Tip) 23:46
3, D Tune (CoH) 23:54
WOMEN
1, T Dyer (Peter) 27:32



NORTH COUNTRY: Scenic appeal at the Kielder 6 in Northumberland

2, C Shum (C&S) 27:48
3, T Tuohy (LOAC) 29:17

HOLMFIRTH 15
8TH NOVEMBER

MEN

1, M Lavender (Barns DH) 1:17:04
2, P Kelly (Man) 1:17:10
3, M Thompson (Sheff) 1:18:14

WOMEN

1, S Catteral (Bol, W35) 1:33:16
2, C Fiddes (Harr) 1:35:25
3, L Mannion (Holm, W40) 1:38:18

HORWICH 10
20TH SEPTEMBER

MEN

1, A Roberts (Bol) 52:03
2, M Hoey (Chor) 52:07
3, N Barlow (Hor) 52:41

WOMEN

1, G Gaskell (Horw) 1:08:22
2, L Birt (Wig) 1:09:29
3, E Leary (Wig, W40) 1:11:23

HUMBER BRIDGE MARATHON
4TH OCTOBER

MEN

1, I Ellis (Els) 2:19:53
2, M Croasdale (L&M) 2:22:46
3, C Reitz (Omega) 2:23:37

WOMEN

1, K Palmer (Grim) 2:52:07
2, A Cartwright (Wrex, W35) 2:57:16
3, B Gustard (Clee) 3:07:00

HYDE 7
5TH JULY

MEN

1, T Duffy (Traff) 35:12
2, J Newnes (Sal) 36:05
3, T Aspinall (Stock) 36:42

WOMEN

1, B Jenkins (O&R) 42:04
2, S Boam (E Ches) 42:37
3, S Newman (Gloss) 45:23

HYDE PARK RELAYS
15TH FEBRUARY

MEN

1, Loughborough University 1:25:53
2, Oxford University 1:26:56
3 Cambridge University 1:27:52

WOMEN

1, Cambridge University 49:20
2, KV Leuven 49:30
3, Surrey University 49:39

JACK CRAWFORD MEMORIAL, GLASGOW
11TH JANUARY

MEN (5.5 M)

1, B Kirkwood (RCE) 24:15(rec)
2, G Grindlay (FVH) 25:17
3, P Fleming (RCE) 25:26

WOMEN

1, CA Bartley (COG) 31:28
2, E Reid (EK) 34:13
3, C Thompson (COG) 35:24

JACK RUSSELL MEMORIAL RACES, SOUTH SHIELDS
28TH MARCH

MEN

1, K McCluskey (Cope) 29:14
2, B Rushworth (Sun) 29:24
3, M Hudspith (Morp) 29:40

WOMEN

1, L Harding (Hough) 34:25
2, S Shields (Valli) 35:52
3, K Cornwall (NSP) 36:15

JULIE ROSE 10KM, ASHFORD
4TH OCTOBER

MEN

1, F Degafu (ETH) 29:56
2, J Kariuki (KEN) 29:57
3, D Knight (B&H) 30:24

WOMEN

1, T Dyer (Peter) 35:43
2, A Falkston (Ash) 36:39
3, J Oakley (Maid, W35) 37:00

KIELDER 6, NORTHUMBERLAND
18TH OCTOBER

MEN

1, C Moore (Bing) 28:19
2, M McLeod (Els, M40) 28:46
3, P Cuskin (Sun) 29:01

WOMEN

1, J Coleby (Dur, W35) 34:19
2, K Wade (Valli) 35:09
3, K Musson (Bord) 35:20

KENDAL 10KM
1ST JANUARY

MEN

1, C Roberts (Ken) 31:23
2, A Sawyer (Cope) 31:29
3, S Lydka (Ken) 31:55

WOMEN

1, M Walker (Ken, W40) 39:46
2, S Trevett (Camb) 40:06
3, D Priestley (Ken, W40) 43:14

KNAVESMIRE HALF-MARATHON, YORK
26TH JANUARY

MEN

1, D Throupe (Leeds) 1:09:31
2, J Barker (Ilk) 1:10:27
3, M Taylor (Mand) 1:11:55

WOMEN

1, D Johnson (Sky) 1:28:07
2, D Howard (Goole V) 1:29:42
3, M Boyter (Ilk) 1:29:53

LAKE VRYNWY HALF-MARATHON
27TH SEPTEMBER

MEN

1, D Gratton (Wake/Nor) 1:06:00
2, M Rees (Wal) 1:06:31
3, D Bond (Barns DH/Nor) 1:06:49

WOMEN

1, B Cardy-Wise (B&R/Wales, W40) 1:15:40 (rec)
2, L Melkevik Mower (Clee/Nor) 1:17:51
3, L Turner (Row/Mid) 1:19:25

LANCASHIRE RELAY CHAMPS, SOUTHPORT
10TH OCTOBER

MEN

1, Preston Harriers 2:15:35
2, Horwich RMI 2:16:17
3, Salford Harriers 2:16:33

LANGBAURGH HALF-MARATHON, REDCAR, CLEVELAND
22ND MARCH

MEN

1, K Vose (N Ayc) 1:08:16
2, J Stephens (Sun) 1:08:17
3, E Mullen (Hough) 1:08:20

WOMEN

1, L Harding (Hough) 1:16:01
2, M Levy (NE Vets) 1:20:51
3, H Humphrey (New M) 1:23:16

LEEK 4, STAFFORDSHIRE
11TH JUNE

MEN

1, P Fowler (Tip) 19:03
2, K Lamb (Tip) 19:09
3, A Symonds (Bir) 19:10

WOMEN

1, Y Hill (Bir) 23:31
2, D Fellowes (C&S, W45) 23:42
3, N Bargh (Omega) 23:50

LINCOLN ONE THIRD-MARATHON, NORTH HYKEHAM
16TH FEBRUARY

MEN

1, R Ironmonger (Notts) 46:16
2, D Ottoway (E Hull) 46:17
3, P Cuskin (Valli) 46:18

WOMEN

1, C Newman (Linc W) 53:09
2, C Boyd (Maltby) 55:00
3, M Picksley (SCS) 56:06

LINCOLN GRAND PRIX 10, WELTON
5TH JULY

MEN

1, R Ironmonger (Notts) 49:24
2, N Smith (Cov) 49:45
3, J Hall (Swan) 50:08

WOMEN

1, B Stevens (Red, W35) 1:04:28
2, M Picksley (Steel, W40) 1:06:19
3, J Bletherwick (Carl F) 1:09:45

LONDON TO BRIGHTON
4TH OCTOBER

MEN

1, S Moore (H&W, M40) 6:01:09
2, R Crawford (RSA) 6:03:59
3, M Hartly (C&S, M40) 6:08:15

WOMEN

1, D Vermeulin (RSA) 7:54:55
2, P Bongers (Holl) 8:08:33

LOUGHBOROUGH HALF-MARATHON
26TH JULY

MEN

1, D Payne (Tip) 1:06:47
2, R Ironmonger (Notts) 1:07:47
3, M Fromant (W&B, M40) 1:11:02

WOMEN

1, S Branney (CoG) 1:17:01 (rec)
2, H Jennings (Beau L) 1:20:39
3, C Heslop (Notts) 1:25:50

LLANDUDNO 10
8TH NOVEMBER

MEN

1, N Adams (Swan) 48:15 (rec)
2, S Brace (Bridge) 48:49
3, S Tobin (Swan) 48:50

WOMEN

1, L Hughes (Car, W40) 56:57
2, D Chick (Newp) 57:59
3, N Haines-Jones (Newp) 58:46

LLISWERRY 8, NEWPORT
26TH JANUARY

MEN

1, P Ellis (CAN) 37:21 (rec)
2, G Newhams (B'end) 38:37
3, K Davis (C&G) 39:48

WOMEN

1, H Nash (Torf) 44:07
2, J Huybs (Blae) 47:17
3, M Penny (West H) 50:12

LUTON 20
22ND MARCH

MEN

1, H Jones (Rane) 1:47:43
2, K Dumpleton (SB) 1:50:04
3, K McLellan (Lut) 1:56:09

WOMEN

1, R Cox (St Alb)	2:10:53
2, L Forrest (GCJ)	2:25:37
3, M Bradburn (St Alb, W45)	2:27:30

LUTON HALF-MARATHON 19TH JULY

MEN

1, T Simmons (Lut, M40)	1:06:37
2, A Magnall (Lut)	1:10:56
3, D Chapman-Jones (Ver)	1:12:19

WOMEN

1, 1, J Edwards (Ox U)	1:20:09
2, B Moore (NZL)	1:22:32
3, G Christophers (Stop)	1:27:27

LUTON MARATHON 19TH JULY

MEN

1, H Jones (ENG)	2:23:12
2, P O'Donaghue (NI)	2:26:09
3, A Beattie (SCO)	2:26:33

WOMEN

1, J Kelly (WAL, W35)	2:56:05
2, H Walker (Serp, W35)	3:09:42
3, A Cartwright (WAL, W35)	3:11:56

LYDD HALF-MARATHON 18TH OCTOBER

MEN

1, J Kipkoskei (KEN)	1:04:01
2, G Newhams (Bridge)	1:04:34
3, D Khiara (KEN)	1:06:07

WOMEN

1, D Chick (New)	1:18:47
2, A Fulkson (A&D)	1:21:20
3, M Smith (A&D)	1:27:12

MAIDSTONE HALF-MARATHON 13TH SEPTEMBER

MEN

1, G Arthey (B'hth)	1:06:00
2, R Treadwell (Red)	1:08:12
3, M Gratton (Inv)	1:08:24

WOMEN

1, S Martin (Med, W35)	1:20:57
2, A Falkson (Ash)	1:21:40
3, J Oakley (Maid, W35)	1:22:30

MANCHESTER TO BLACKPOOL RELAY 17TH MAY

MEN

1, Stockport Harriers	4:41:40
2, Horwich RMI	4:43:07
3, Salford Harriers	4:45:25

MAXIMS 7, NEWCASTLE, STAFFS 5TH JULY

MEN

1, R Deakin (Stoke)	34:23
2, M Roberts (PMAC)	34:24
3, A Wilton (Tip)	34:31

WOMEN

1, T Bailey (PMAC)	41:36
2, C Kilkenny (C&S, W35)	42:04
3, E Statham (Stoke, W45)	42:47

MILTON 10KM STOKE-ON-TRENT 2ND AUGUST

MEN

1, M Flint (Tel)	29:34
2, J Mayock (Barns DH)	29:38
3, M Cadman (Tip)	29:42

WOMEN

1, L Robinson (Cov)	34:10
2, S Dilnott (Lords)	34:51
3, A Ford (Houn, W40)	35:13

MINEHEAD HALF-MARATHON, SOMERSET 18TH OCTOBER

MEN

1, R Nerurkar (Bing)	1:03:34
2, J Merryfield (Exe)	1:09:08
3, A Amraoui (Exe, M40)	1:11:14

WOMEN

1, R Wych (Unatt, W35)	1:33:19
2, S Tulloh (LOAC, W35)	1:36:08
3, E Saunders-Singer (Mine, W35)	1:36:11

MITCHAM 25KM 26TH JANUARY

MEN

1, M Fromant (W&B)	1:21:35
2, S Blaney (High)	1:22:20
3, D Dymond (Exe)	1:22:24

WOMEN

1, C Fielding (HHH)	1:38:08
2, S Martin (Med)	1:33:28
3, K Whapshott-Downer (Datch)	1:38:47

MORPETH TO NEWCASTLE 1ST JANUARY

MEN

1, P Evans (Bel)	1:09:35
2, S Carey (Warr)	1:10:10
3, S Brace (Bridge)	1:10:25

WOMEN

1, L Harding (Hough)	1:20:23
2, V Marot (Leeds)	1:23:37
3, C Naisby (Hough)	1:25:07

MUSWELL HILL 5 FINSBURY PARK 1ST MARCH

MEN

1, J Chesire (KEN)	24:01 (rec)
2, K Miller (VoA)	25:28
3, T Jones (VoA)	25:41

WOMEN

1, J Briggs (Craw)	28:13
2, S Dibbens (SB)	30:42
3, B Kirk (SB, W40)	31:13

NEW YEAR'S DAY GALLOP, NORTHAMPTON 1ST JANUARY

MEN

1, M Burnhope (Tip)	49:30
2, M Fromant (W&B)	53:09
3, A Finozi (Lut)	53:20

WOMEN

1, J Coulson (Hum E)	1:02:33
2, J Beckford (Cov)	1:03:31
3, L Hickey (UTRRC)	1:07:40

NEWQUAY 10KM 5TH JULY

MEN

1, R Wise (West)	30:54 (rec)
2, R James (Corn)	31:51
3, M Cox (Leic)	32:01

WOMEN

1, L Owen (Exe)	37:17
2, D Brinley (New)	38:13
3, A Newall (Corn)	39:53

NIGEL BARGE MEMORIAL RACE, GLASGOW 4TH JANUARY

MEN

1, C Robison (SV)	21:55
2, A Puckrin (CPH)	21:57
3, N Tennant (CPH)	22:11

WOMEN

1, L McIntyre (CoG)	25:34
2, V Marot (Leeds, W35)	26:27

OLD TOWN 8, SWINDON 8TH MAY

MEN

1, E Conway (Car)	41:40 (rec)
2, B Frith (swin, M40)	45:36
3, S Crawte (AFD)	46:18

WOMEN

1, D Wakely (Swin)	51:49 (rec)
2, M Burke (WBH, W40)	52:24
3, G Mitchell (Unatt, W35)	57:42

OVERTON INTERNATIONAL 5 12TH SEPTEMBER

MEN

1, A Lyons (CoH)	23:27
2, J Kendall (AFD)	23:45
3, K Penney (Box)	24:00

WOMEN

1, T Dyer (Peter)	27:15 (rec)
2, S Dilnot (Lord)	27:50
3, S Holman (Bath, W35)	28:59

PERIVALE 10KM 13TH SEPTEMBER

MEN

1, I Harpur (Lon I)	31:11
2, R Partridge (Har)	31:32
3, D Lennon (NEB)	31:34

WOMEN

1, A Bell (Linc W)	35:35
2, S-A Cox (Park)	36:58
3, J Cooper (Houn)	37:42

POLYTECHNIC MARATHON, WINDSOR TO CHISWICK 8TH MARCH

MEN

1, H Jones (Rane)	2:22:58
2, B Brown (HHH)	2:27:10
3, T Hawes (Swan)	2:30:26

WOMEN

1, K Bowler (Hail, W40)	3:08:28
2, H Maskery (Bel)	3:13:11
3, C Gray (Ports J, W35)	3:13:40

PONTEFRACT 10KM 8TH MARCH

MEN

1, P Roden (E Ches)	30:32 (rec)
2, P Davis (Roth)	31:35
3, N Ward (Leeds)	31:45

WOMEN

1, M Chadwick (CoH)	37:58
2, J Beverley (Morley)	40:04
3, D Howard (Goole V)	40:39

POOLE MARATHON, DORSET 7TH JUNE

MEN

1, L Austin (B'mth)	2:31:35
2, M Guichard (Dart)	2:33:00
3, G Moxham (B'mth)	2:33:58

WOMEN

1, J Ince (B&H, W40)	2:57:42
2, J Drake (B&H)	3:03:04
3, B Appleby (Inv, W35)	3:03:34

PORTSMOUTH HALF-MARATHON 8TH MARCH

MEN

1, T Buckner (Hav)	1:05:47
2, M Cooper (Soton)	1:05:53
3, J Brimecome (Ports)	1:06:14

WOMEN

1, K Bailey (N For)	1:16:20
2, C Duncan (Ald S, W35)	1:17:11
3, A Hill (WSE)	1:18:18

RAMATHON, DERBY 10TH MAY

MEN

(Half-marathon)

1, D Bungai (KEN)	1:03:19
2, S Brace (Bridge)	1:05:50
3, G Spring (Bed)	1:06:02

WOMEN

1, C Shum (C&S)	1:15:26 (rec)
2, W Roethenbaugh (Der)	1:19:26
3, J Brace (Bridge)	1:23:52

READING HALF-MARATHON 26TH APRIL

MEN

1, S Brace (Bridge)	1:02:19
2, G Spring (Bed)	1:02:29
3, R Wise (Ply)	1:02:33

WOMEN

1, S Ndigingi (KEN)	1:11:34
2, V Lounegova (URS)	1:13:30
3, M Bradley (Ald S)	1:17:46

REDDITCH 10KM 15th AUGUST

MEN

1, I Kirui (KEN)	28:56
2, F Digefa (ETH)	28:59
3, C Thackery (Hallam)	29:00

WOMEN

1, S Rigg (Sale)	32:35
2, A Wright (Tip)	33:08
3, M Sutton (Tip)	34:36

REEBOK 5KM, SHEFFIELD 19TH APRIL

MEN

1, R Denmark (Bas)	13:59
2, W Koech (KEN)	14:01
3, D Lewis (Ross)	14:02

WOMEN

1, L York (Leic)	16:09
2, N Morris (Ex)	16:23
3, S Rigg (Sale)	16:33

REVERSE 10, PONTYPRIDD 16TH FEBRUARY

MEN

1, S Brace (Bridge)	50:36
2, W Buxton (Bris)	50:39
3, A Doel (Swan)	51:26

WOMEN

1, B Walters (Car)	1:00:20
2, B Richardson (Les C)	1:03:19
3, W Huggins (Sos)	1:07:48

RICHARD BURTON 10KM, CWMAVAN, PORT TALBOT 12TH JANUARY

MEN

1, I Hamer (Swan)	29:23
2, S Tobin (Swan)	29:59
3, G Newhams (Bridge)	30:03

RISTS 7, STOKE 16TH AUGUST

MEN

1, T Morrey (Stoke)	35:18
2, A Allen (Stoke)	35:19
3, C Whittaker (Tip)	36:00

WOMEN

1, T Bailey (PMAC)	40:48
2, C Wilding (Stoke, W35)	44:47
3, A Thomas (Newc)	48:25

ROBIN HOOD HALF-MARATHON, NOTTINGHAM 27TH SEPTEMBER

MEN

1, J Gombedza (ZIM)	1:05:22
2, G Tessema (ETH)	1:05:28
3, D Miles (Gate)	1:05:44

WOMEN

1, A Bell (Linc.W)	1:16:54 (rec)
2, A Ford (Houn, W40)	1:17:21
3, S Whiteman (Car)	1:21:33

ROBIN HOOD MARATHON, NOTTINGHAM 27TH SEPTEMBER

MEN

1, N Ballard (Wit)	2:25:13
2, M McGeoch (Les C)	2:27:22
3, M Greally (Fife Con)	2:28:39

WOMEN

1, J Casey (Barr, W35)	2:50:19
2, E McBrinn (Shett)	2:59:03
3, A Hughes (Shett)	3:04:27

ROMAN 9, STRATFORD ON AVON 19TH JANUARY

MEN

1, J Masterton (Leic)	46:34
2. D Walmsley (Bourt)	47:10
3, John Davies (NCRA)	49:07

WOMEN

1, J Edwards (Ox U)	53:42

2, J Kelly (Glouc, W35) 54:04
3, J Beckford (Cov, W45) 56:46

ROWNTREES 10, YORK 11TH OCTOBER

MEN

1, P Kelly (Mand) 49:52
2, I Bloomfield (CleS) 50:02
3, D McMillan (Rown) 51:08

WOMEN

1, S Bower (Duke) 59:43
2, C Hunter-Rowe (P&B) 59:50
3, L Wright (Leeds Uni) 1:00:48

SALFORD HARRIERS 5KM, HEATON PARK 1ST MARCH

MEN (5KM)

1, A Geddes (B'hth) 14:55
2, D Throup (Leeds, M40) 15:17
3, B Mabon (Wok) 15:19

WOMEN

1, J Bamford (O&R) 17:08
2, K Carter (Stret) 17:10
3, C O'Connor (O&R) 18:00

SAN DOMENICO 20, CARDIFF 1ST MARCH

MEN

1, I Ellis (Els) 1:45:45
2, J Collins (Swan, M40) 1:49:10
3, N Wilson (Wit) 1:49:33

WOMEN

1, A Wallace (Torb) 1:50:57
2, K McLeod (Edin) 1:56:23
3, I Warden (Head) 2:18:32

SHEFFIELD 10KM 29TH MARCH

MEN

1, P Cuskin (Valli) 30:41
2, D Cooney (Sheff) 30:51
3, K Lamb (W&B) 30:57

WOMEN

1, L Martin (Stret) 35:59
2, H Jennings (Beau L) 36:38
3, A Joiner (Hallam) 36:56

SHILDON 6, DURHAM 14TH JUNE

MEN

1, J Hunter (Loftus) 29:37
2, K Chapman (Dur) 31:18
3, I Cook (Burn) 31:31

WOMEN

1, E Robinson (NE Vets, W35) 36:58
2, S Laws (Derw, W35) 38:40
3, J Coates (J&H) 39:07

SILVERDALE 7, STOKE 20TH SEPTEMBER

MEN

1, R Deakin (Stoke) 34:37
2, P Martin (PMAC) 34:54
3, L Cadwallader (Liv H) 34:59

WOMEN

1, C Kilkenny (C&S, W35) 42:43
2, L Lee (Staffs) 45:38
3, A Cunningham (Wrek) 46:13

SKIPTON 10KM 5TH JULY

MEN

1, C Moore (Bing) 29:46
2, S Green (Bing) 30:45
3, C Metcalfe (Skip) 31:35

WOMEN

1, K Drake (Spen) 37:36
2, E Staig (Sett, W35) 37:57
3, S Robinson (Bing) 40:40

SLEAFORD HALF-MARATHON 1ST MARCH

MEN

1, K McCluskey (Cope) 1:05:32
2, P Redmond (NVH) 1:13:52
3, M Porter (Lin) 1:14:05

WOMEN

1, K Else (New) 1:22:45
2, J Hill (Linc & D) 1:45:16
3, C Smith (Clee) 1:47:04

SOUTHEND 10KM CLASSIC 18TH OCTOBER

MEN

1, J Gascoyne (Harl) 30:10
2, J Freeman (Chelm) 30:19
3, D Mead (Norf O) 30:26

WOMEN

1, H Heasman (Inv) 34:25
2, K Osment (Witney) 35:25
3, D Percival (GEC) 36:00

SOUTHWARK 5 21ST JUNE

MEN

1, C Sweeney (Tip) 24:00
2, M Moughton (SB) 24:05
3, B Attwell (SB) 24:42

WOMEN

1, D Sanderson (Wat) 27:41
2, I Ekrol (LOAC) 29:16
3, A Chattaway (Camb H) 29:44

SOUTH STAFFS HALF-MARATHON, WOLVERHAMPTON 6TH SEPTEMBER

MEN

1, A Jackson (Stour) 1:06:40
2, T Rudd (Stour) 1:08:49
3, B Gaffney (Mass F) 1:11:08

WOMEN

1, C Kilkenny (C&S, W35) 1:22:25
2, D Payton (Tip) 1:23:39
3, S Bentley (Tip) 1:24:28

SPEN 20, SPENBOROUGH 8TH MARCH

MEN

1, D Bond (Barns DH) 1:46.40 (rec)
2, A Gill (Leeds) 1:47:05
3, T Wilson (Vall S) 1:47:44

WOMEN

1, K Drake (Spen) 2:08:53
2, C Boyd (Roth, W35) 2:17:55
3, K Kaiser (Vall S, W40) 2:18:49

STAFFS POLY 10KM 26TH JANUARY

MEN

1, S Duval (C&S) 29:43
2, T Spelman (Stoke) 29:57
3, R Whalley (Staffs P) 30:02

WOMEN

1, L Robinson (Cov) 35:25
2, C Kilkenny (C&S, W35) 36:00
3, C Cooke (Clay) 36:55

STAUNTON 6, GLOUCESTERSHIRE 31ST AUGUST

MEN

1, S Brace (Bridge) 30:00
2, C Penney (Stour) 30:36
3, D Walmsley (Bourt) 31:05

WOMEN

1, C Diss (HHH) 36:41
2, A Powell (Glos) 38:29
3, M Bullock (Glos) 38:51

ST ALBANS MARATHON 6TH DECEMBER

MEN

1, A Guilder (B'hth) 2:27:21
2, A Holt (Ver) 2:27:32
3, B Snelgrove (THH) 2:29:24

WOMEN

1, C Scobey (LOAC) 2:52:34
2, Z Lowe (St. Albs) 2:54:24
3, L Taylor (Coll) NT

ST NEOTS HALF-MARATHON 24th MAY

MEN

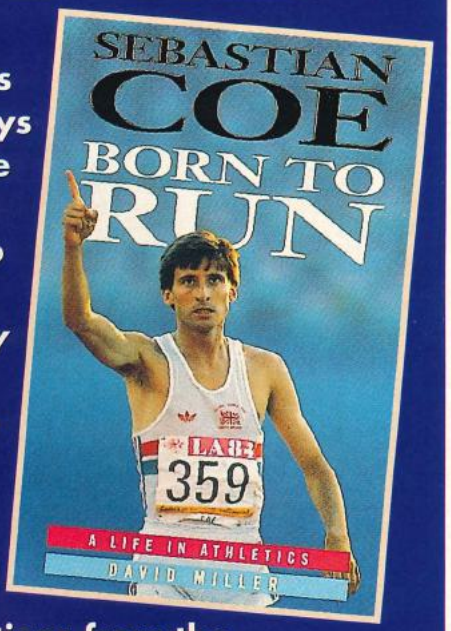
1, B Masya (KEN) 1:03:29
2, D Mungai (KEN) 1:03:48
3, G Mutisya (KEN) 1:04:25

WOMEN

1, S Eastall (St Ed P) 1:14:57
2, C Newman (Linc W) 1:17:34
3, S Ndigini (KEN) 1:20:15

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STUBBINGTON GREEN 10KM 5TH JANUARY

MEN

1, T Buckner (Hav)	30:36
2, N Gemmell (Soton)	31:12
3, P Standing (WSE, M40)	31:20

WOMEN

1, V Buckner (Hav)	37:23
2, L Gould (Wx, W35)	37:48
3, A Norris (PAC)	38:08

STROUD HALF-MARATHON 25TH OCTOBER

MEN

1, P Cuskin (Sun)	1:05:03
2, J Gombedza (ZIM)	1:05:08
3, M Jones (Horw)	1:05:10

WOMEN

1, B Cardy-Wise (B&R, W40)	1:15:26
2, P Fudge (Houn)	1:16:34
3, Z Marchant (Bath, W40)	1:19:46

SWANSEA BAY 10KM 13TH SEPTEMBER

MEN

1, B Masya (KEN)	28:13
2, J Kariuki (KEN)	28:29
3, J Njunga (KEN)	28:39

WOMEN

1, B Cardy-Wise (B&R)	34:05
2, D Chick (Newp)	34:48
3, H Williams (Swan)	35:28

SWINDON RELAYS 21ST MARCH

MEN

1, Swansea Harriers	1:27:06
2, Westbury	1:27:07
3, Bristol	1:28:44

WOMEN

1, Wells City	1:12:19
2, Swansea	1:13:26
3, Swindon	1:13:36

TED PEPPER MEMORIAL 10KM BECKENHAM, LONDON 4TH MAY

MEN

1, D Smith (B'hth)	31:17
2, H Mountcastle (Hast)	32:03
3, K Penny (Camb H, M40)	32:05

WOMEN

1, T Markova (UKR, W35)	36:53
2, K Martin (Camb H)	38:31
3, G Penny (Camb H)	39:21

TETRA PAK 10KM, WREXHAM 31ST MAY

MEN

1, J Gonvedza (ZIM)	29:20
2, M Flint (Tel)	29:25
3, S Muia (KEN)	29:43

WOMEN

1, S Rigg (Sale)	34:06
2, J Sakara (ZIM)	34:55
3, L Austin (CO)	36:47

TVH RELAY, CRANFORD 28TH MARCH

MEN (5X3.5M)

1, Swansea Harriers	1:21:29
2, Shaftesbury Barnet	1:21:39
3, Highgate	1:23:14

THOMAS COOK CHARITY 6, PETERBOROUGH 24TH JUNE

MEN

1, P Kipkoech (KEN)	27:51
2, W Muzuni (ZIM)	28:03
3, P Davies-Hale (C&S)	28:15

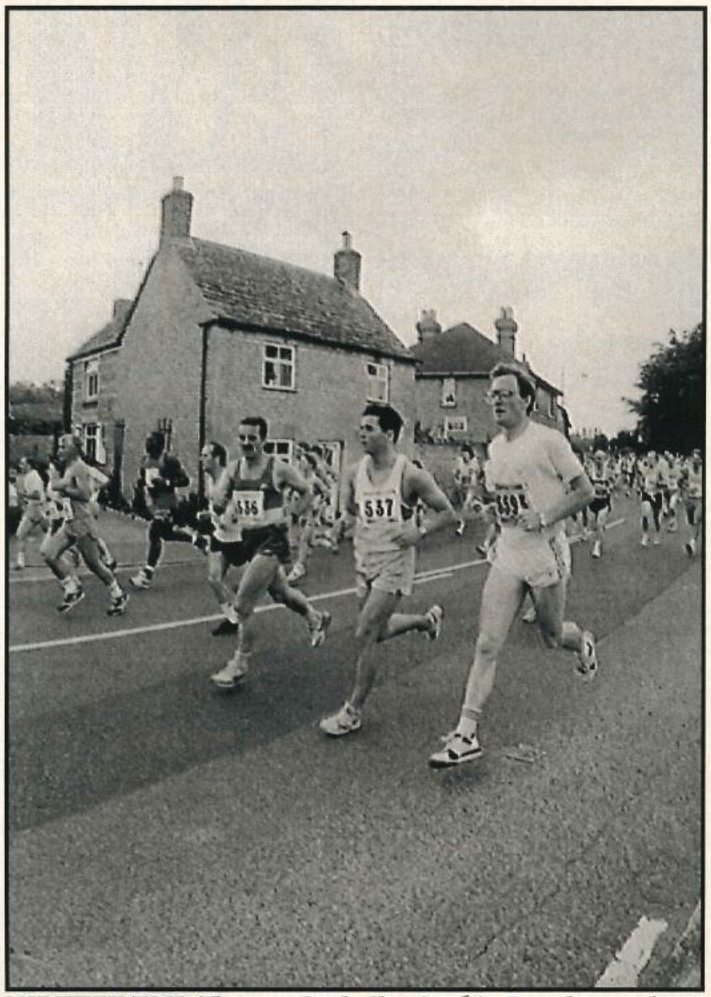
WOMEN

1, E Kiplagat (KEN)	31:03
2, H Heasman (Inv)	32:49
3, S Ndigirigi (KEN)	32:49

THORNEY 12KM, PETERBOROUGH 7TH MARCH

MEN

1, J Wheway (Tip, M40)	37:20 (rec)



MIDWEEK TOIL: Thomas Cook Charity 6 in Peterborough

2, A Symonds (Bir)	37:37
3, C Owen (New)	38:50

WOMEN

1, T Dyer (Peter)	43:42
2, S Holl (Fak)	48:16
3, D Braverman (Saw, W40)	51:47

TIPTON 10 15TH NOVEMBER

MEN

1, M Cadman (Tip)	48:43
2, T Milovsorov (Tip)	49:06
3, M Hula (SB)	49:20

WOMEN

1, B Cardy-Wise (B&R, W40)	56:16
2, A Wright (Tip)	56:26
3, C Newman (Linc W)	59:16

TOM SCOTT MEMORIAL 10, LAW TO MOTHERWELL 5TH APRIL

MEN

1, M Carrol (Annan)	48:05
2, C Thomson (Cambus)	48:54
3, B Kirkwood (Rac)	49:04

TUNBRIDGE WELLS HALF-MARATHON 1ST MARCH

MEN

1, D Knight (B&H)	1:06:36 (rec)
2, B Reynolds (Ton)	1:10:00
3, D Davis (Maid)	1:11:52

WOMEN

1, A Fletcher (Camb H)	1:24:08
2, K Martin (Camb H)	1:25:56
3, M Statham (Holl S, W35)	1:26:43

TWIN PIERS 10KM, LLANDUDNO TO COLWYN BAY 25TH JANUARY

MEN

1, A Green (Warr)	30:39
2, G Harvey (Col B)	31:28
3, T Cahill (Prest)	31:42

WOMEN

1, L Clarke (Col B)	37:00
2, C Hunter-Rowe (P&B)	37:37
3, J Frankland (Warr)	38:53

VALLI 10KM 26TH AUGUST

MEN

1, P Cuskin (Sun)	30:09
2, B Rushworth (Sun)	30:12
3, G Nagel (Valli)	30:14

WOMEN

1, L Harding (Hough)	34:07
2, S Hogg (Blay)	34:51
3, E Robinson (NE Vets)	36:16

VAUXHALL MOTOR RELAYS, LUTON 4TH OCTOBER

MEN(6X3.75M)

1, Nene Valley Harriers	1:58:48
2, Vale of Aylesbury	1:59:50
3, Luton United	2:03:33

WOMEN (3X3.75M)

1, Stopsley Striders	1:16:46
2, Luton United	1:20:47
3, Vauxhall Motors	1:22:25

VERLEA 20, WELWYN GARDEN CITY 1ST MARCH

MEN

1, E Hyland (R'hill)	1:44:35
2, P Naisbitt (High)	1:51:57
3, D Mould (CRRC)	1:52:57

WOMEN

1, Z Lowe (St Alb)	2:06:26
2, A Hazell (B Stort)	2:12:15
3, L Bones (Hail)	2:14:51

VICTORIA PARK HARRIERS 5 4TH APRIL

MEN

1, A Catton (Ilf)	24:22
2, B Wright (Ilf)	24:38
3, R Gaine (C&T)	24:56

WOMEN

1, D Kelly (Camb H)	29:20
2, J Holden (Chelm)	29:30
3, R Mishon (Unatt)	30:20

VICTORY 5, PORTSMOUTH 6TH DECEMBER

MEN

1, D Buzza (Corn)	23:20
2, J Kipkoskei (KEN)	23:22
3, A Waithara (KEN)	23:32

WOMEN

1, L Morton (West/NZL)	26:32
2, J Thompson (Bath)	27:13
3, Z Hyde (Wok)	27:26

WALLSEND RACES, TYNE AND WEAR 12TH APRIL

MEN

1, M McLeod (Els)	30:32
2, D Beris (SSh)	30:36
3, A Johnson (Els)	31:14

WOMEN

1, K Mitchell (Tyne)	36:04
2, L Marr (Tyne)	37;26
3, S Kirkup (Dor)	40:20

WATFORD HALF-MARATHON 2ND FEBRUARY

MEN

1, K O'Connor (Wat)	1:07:12
2, J Critchlow (Wat)	1:07:15
3, G Spring (Bed)	1:07:41

WOMEN

1, D Sanderson (Wat)	1:17:27 (rec)
2, M Brayley (Granta)	1:20:30
3, Z Lowe (St Alb)	1:21:15

WIMBLEDON 10 3RD OCTOBER

MEN

1, K Penney (Box)	49:13
2, C Tall (Over)	49:32
3, G Hill (Swan)	49:49

WOMEN

1, H Wurst (HHH)	1:02:48
2, A Jones (Walt)	1:03:51
3, H Ward (Serp)	1:05:49

WILMSLOW HALF-MARATHON 29TH MARCH

MEN

1, K Harrison (Stret)	1:06:23
2, T O'Kell (Stock)	1:06:46
3, E Roberts (Eryri)	1:08:13

WOMEN

1, S Rigg (Sale)	1:13:42
2, J Asgill (Stret, W35)	1:21:02
3, K Drake (Spen)	1:21:27

WINCHESTER 10 23RD FEBRUARY

MEN

1, J Boyes (B'mth)	51:07
2, P Hoare (Over)	51:22
3, M Bliss (Over)	51:59

WOMEN

1, S Dilnot (Lords)	58:16
2, D Hoare (Over)	59:33
3, K Bailey (N For)	1:00:54

WINDERMERE TO KENDAL 10 7TH MARCH

MEN

1, D Donnett (S'burn)	48:49
2, P Whitehead (Skyrac)	49:52
3, C Roberts (Ken)	49:58

WOMEN

1, L Staig (Settle, W35)	1:00:33
2, R Pickavance (Ken)	1:02:29
3, K Thompson (Kes)	1:02:39

WOKING 10
1ST MARCH

MEN

1, P Ellis (CAN)	47:44
2, G Arthey (B'hth)	49:35
3, A Beattie (SB)	49:58

WOMEN

1, P Fudge (Houn, W35)	56:18
2, A Roden (SLH, W45)	56:36
3, T Dyer (Peter) 56:53	

WOLVERHAMPTON TURKEY TROT
6TH DECEMBER

MEN (5.6M)

1, M Burnhope (Tip)	25:29
2, R Deakin (Stoke)	25:46
3, T Milovsorov (Tip)	26:02

WOMEN

1, J Swann (W&B)	32:04
2, E Cowan (W&B)	33:07
3, J Clarke (Stourb, W35)	34:05

WOODKIRK VALLEY 10KM
19TH JANUARY

MEN

1, B Hussain (Stock)	30:39
2, M Hawkins (Bing)	31:04
3, M Peters (Sal)	31:06

WOMEN

1, C Greenwood (Cald V)	37:11
2, K Drake (Spen)	38:05
3, A Gull (Aire)	38:34

DIET COKE ROAD SERIES

GREAT SCOTTISH RUN GLASGOW
23RD AUGUST

MEN (HALF-MARATHON)

1, B Turubea (ETH)	1:04:03
2, D Lewis (Ross)	1:04:04
3, F Degefu (ETH)	1:04:06

WOMEN

1, L McColgan (DHH)	1:10:29
2, A Wallace (Tor)	1:12:50
3, K Pressler (GER)	1:13:17

GREAT NORTH RUN (WORLD CHAMPS) TYNESIDE, 19/20TH SEPTEMBER

MEN (HALF-MARATHON)

1, B Masya (KEN)	1:00:24
2, A Silio (ARG)	1:00:40
3, B Akonay (TAN)	1:00:45

JUNIOR MEN

1, K Tadesse (ETH)	1:04:51
2, M Mothull (RSA)	1:05:01
3, F Ingargiola (ITA)	1:05:18

WOMEN

1, Liz McColgan	1:08:53
2, M Fujiwara (JPN)	1:09:21
3, R Munerotto (ITA)	1:09:38

GREAT MIDLAND RUN BIRMINGHAM
27TH SEPTEMBER

MEN (10KM)

1, B Masya (KEN)	28:17
2, J Kiposkei (KEN)	28:59
3, J Buckner (Charn)	29:00

Women

1, T Laroupe (KEN)	32:05
2, I Negura (ROM0	32:50
3, V McPherson (CoG)	33:36

GREAT SOUTH RUN PORTSMOUTH
11TH OCTOBER

MEN (10M)

1, B Akonay (TAN)	47:04
2, P Davies-Hale (C&S)	47:08
3, J Buckner (Charn)	47:10

WOMEN

1, I Negura (ROM)	53:19
2, K Pressler (GER)	55:14
3, K Gobby (AUS, W35)	56:46

GREAT LONDON RUN
18TH OCTOBER

MEN (10KM)

1, C Thackery (Hallam)	29:16
2, G Arthey (B'hth)	29:31
3, G Staines (Bel)	29:58

WOMEN

1, T Laroupe (KEN)	32:07
2, I Negura (ROM)	32:19
3, A Wallace (Tor)	32:20

CHAMPS RACES

AAA of England Road Championships

CITY OF BATH HALF-MARATHON
15th MARCH

MEN

1, C Walker (Gate)	1:03:59
2, I Cornford (SB)	1:04:25
3, D Payne (Tip)	1:04:29
TEAM: Tipton	

WOMEN

1, A Roden (SLH)	1:15:26
2, Z Marchant (Bath)	1:18:04
3, M Burke (Woot)	1:27:13
TEAM: City of Bath	

LONDON MARATHON
12TH APRIL

MEN

Tipton Harriers

WOMEN

Tipton Harriers

12-STAGE RELAY, SUTTON PARK
25TH APRIL

MEN

1, Tipton Harriers	4:04:51
2, Coventry Godiva	4:07:47
3, Swansea Harriers	4:08:08

MICHELIN 10, STOKE
7TH JUNE

MEN

1, K McCluskey (Cope)	47:44
2, J Gombedza (ZIM)	48:00
3, S Brace (Bridge)	48:30
TEAM: Tipton	

WOMEN

1, J Sakara (ZIM)	56:28
2, K McCleod (Edin)	56:55
3, S Dilnot (Lords)	57:36
TEAM: Centurian	

SIX-STAGE RELAY, SUTTON PARK
24TH OCTOBER

MEN

1, Tipton Harriers	1:41:15
2, Bingley Harriers	1:41:48
3, Copeland	1:42:34

WOMEN'S RELAY, SUTTON PARK
14TH NOVEMBER

SENIORS

Parkside Harrow	42:56

INTERS

Liverpool Harriers	32:33

GIRLS

Bristol AC	29:35

MINORS

Cannock and Stafford	30:46

KLIX 6 10KM, BASINGSTOKE
29th NOVEMBER

MEN

1, R Denmark (Bas)	28:36
2, K Cullen (Chelm)	28:36
3, B Dee (Lut)	28:41

Women

1, N Morris (Ex)	33:39
2, S Dilnott (Lords)	34:10
3, P Fudge (Houn, W40)	34:26

AREA ROAD CHAMPS

MIDLAND 12-STAGE SUTTON PARK
4th APRIL

MEN

1, Coventry Godiva	3:43:10
2, Tipton Harriers	3:43:19
3, Westbury Harriers	3:45:12

SOUTHERN 12-STAGE, WIMBLEDON
4TH APRIL

MEN

1, Shaftesbury Barnet	4:07:58
2, London Irish	4:09:00
3, Brighton and Hove	4:09:08

NORTHERN 12-STAGE, SUNDERLAND
5TH APRIL

MEN

1, Sale Harriers	4:00:38
2, Sunderland	4:01:17
3, Morpeth Harriers	4:02:04

SOUTHERN SIX-STAGE, RUSHMOOR ARENA
26TH SEPTEMBER

MEN

1, London Irish	1:49:31
2, Shaftesbury Barnet	1:49:42
3, Highgate Harriers	1:51:01

NORTHERN SIX STAGE, KNUTSFORD
4TH OCTOBER

MEN

1, Copeland	1:51:31
2, Bingley Harriers	1:53:14
3, Salford Harriers	1:53:17

MIDLAND SIX-STAGE, SUTTON PARK
10TH OCTOBER

MEN

1, Tipton Harriers	1:41:22
2, Tipton Harriers B	1:42:05
3, Coventry Godiva	1:43:26

MIDLAND WOMEN'S RELAY, SUTTON PARK
10TH OCTOBER

SENIORS

1, Charnwood	1:08:19
2, Birchfield Harriers	1:08:47
3, City of Bath	1:09:22

INTERS

Westbury Harriers	43:15

GIRLS

Bristol	35:05

MINORS

Solihull & Smallheath	36:25

NORTHERN WOMEN'S RELAY, HASLINGDEN
11TH OCTOBER

SENIORS

1, Leeds City AC	36:32
2, Kincoln Wellington	36:54
3, Tynedale Harriers	38:00

INTERS

Liverpool Harriers	28:40

GIRLS

Sale Harriers	17:56

MINORS

East Cheshire Harriers	20:35

SOUTHERN WOMEN'S RELAY, ALDERSHOT
17TH OCTOBER

SENIORS

1, Bedford & County	37:57
2, Parkside Harrow	38:19
3, Borough of Honslow	38:17

INTERS

Shaftesbury Barnet	29:49

GIRLS

Bedford & County	21:18

MINORS

Bedford & County	18:50

CROSS-COUNTRY

IAAF WORLD CROSS CHALLENGE, MALLUSK
4TH JANUARY

MEN

1, O Osoro (KEN)	22:37
2, J Kamau (KEN)	22:47
3, D Kirui (KEN)	22:55

WOMEN

1, C McKiernan (IRL)	15:29
2, L Slegers (BEL)	15:33
3, O Bondarenko (RUS)	15:38

SOUTHERN CHAMPS, PARLIAMENT HILL
11TH JANUARY

MEN

1, B Royden (Med)	44:44
2, D Bannister (SB)	44:48
3, I Manners (High)	44:52

JUNIORS

1, K Toher (N&P)	31:00
2, S Barden (GEC)	31:12
3, J Brimecome (Ports)	31:21

YOUTHS

1, M Steinle (B'hth)	22:47
2, J Wilson (GEC)	23:12
3, M Laffar (Hav)	23:19

NORTHERN CHAMPS, SOUTH SHIELDS
11TH JANUARY

MEN

1, C Walker (Gate)	40:30
2, B Hussain (Stock)	41:17
3, C Moore (Bing)	41:29

JUNIORS

1, A Pearson (Long)	31:24
2, K Critchley (Rown)	32:55
3, B Jacques (St H)	32:58

YOUTHS

1, D Rankin (O&R)	22:51
2, G Hilton (Dur)	22:57
3, L Price (C'field)	22:58

MIDLAND CHAMPS, WOOLATON PARK
11TH JANUARY

MEN

1, S Duval (C&S)	38:05
2, C Udall (Omega)	38:12
3, M King (Omega)	38:39

JUNIORS

1, S White (Cov)	32:01
2, S O'Connor (C&S)	32:05
3, N Stirk (Leic)	32:07

EASTERN CHAMPS, WING
12TH JANUARY

MEN

1, D Mead (Norf O)	38:57
2, J McMahon (Bed)	39:25
3, G Booty (Norf O)	39:42

JUNIORS

1, J Moorhouse (Scun)	32:38
2, R Malseed (C&T)	33:05
3, P Ratnage (Ryst)	33:36

YOUTHS

1, A Smith (Norf O)	22:57
2, K Kyereme (Low)	23:14
3, S Stokes (Lut)	23:25

WOMEN'S INTER-COUNTIES ST HELENS
12TH JANUARY

SENIORS

1, A Hulley (Yorks)	18:09
2, A Duke (NE)	18:16
3, S Rigg (Ches)	18:34

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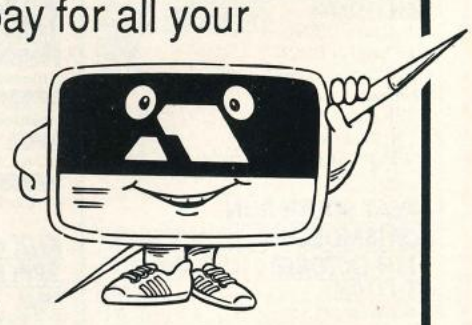
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INTERS
1, R McPhee (Kent) 15:53
2, R Motherwell (Camb) 16:07
3, B Taylor (NE) 16:15
GIRLS
1, H Todd (NE) 12:53
2, V Russell (Beds) 12:58
3, H Slater (Ox) 13:00
MINORS
1, D Adams (Mersey) 11:56
2, J.Himsworth (Linc) 11:56
3, J Heslop (NE) 12:13

INTER-COUNTIES CHAMPS, CORBY 25TH JANUARY

MEN
1, B Dee (Beds) 36:32
2, J Buckner (Leics) 36:36
3, J Downes (Mx) 36:40
JUNIORS
1, A Pearson (Yorks) 29:32
2, S White (Warks) 30:16
3, K Toher (Corn) 30:24
YOUTHS
1, S West (Leic) 20:33
2, M Steinle (Kt) 20:44
3, C Lowe (Corn) 20:49

NORTHERN WOMEN'S CHAMPS, SUNDERLAND 26TH JANUARY

SENIORS
1, J Clague (Liv H) 18:58
2, A Duke (Mand) 19:09
3, S Parker (Sale) 19:23
INTERS
1, A Foster (Morp) 16:36
2, S Bibby (Hynd) 16:46
3, B Taylor (Darl) 16:58
GIRLS
1, H Todd (Gate) 12:15
2, A Tremble (NSP) 12:30
3, D Ridler (Rich) 12:31
MINORS
1, J Heslop (Els) 10:06
2, D Adams (Liv H) 10:09
3, E Alberts (Gate) 10:13

MIDLAND WOMEN'S CHAMPS, PERRY BARR 26TH JANUARY

SENIORS
1, L York (Leic) 21:37
2, B Nicholson (Tip) 21:49
3, A Wright (B'north) 22:05
INTERS
1, E Newton (C&S) 19:13
2, H Moulder (Yate) 19:29
3, R King (Leam) 19:31
GIRLS
1, H Curnock (Yate) 12:51
2, J Oldfield (Kett) 12:58
3, S Swift-Smith (West) 13:01
MINORS
1, L Worden (Charn) 12:12
2, L Rice (Cov) 12:26
3, G Dunhill (S&SH) 12:39

SOUTHERN WOMEN'S CHAMPS, BOURNEMOUTH 1ST FEBRUARY

SENIORS
1, A Barnes (B'mth) 22:03
2, S Dilnot (Lords) 22:07
3, H Heasman (Inv) 22:15
INTERS
1, S Murphy (SB) 16:09
2, J Mitchell (Croy) 16:27
3, C Berry (K&P) 16:39
GIRLS
1, V Russell (Bed) 11:59
2, S Willicombe (GEC) 12:25
3, H Yaffe (High) 12:26
MINORS
1, N Andrews (HW) 11:54
2, A Bolton (N&P) 11:59
3, R Allen (Chich) 12:08



INTER-COUNTIES: Runner-up Jack Buckner of Leicestershire

UK CHAMPS, BASINGSTOKE 9TH FEBRUARY

MEN
1, D Clarke (HW) 36:46
2, A Bristow (B&H) 37:02
3, P Dugdale (Horw) 37:09
JUNIORS
1, D Robertson (Ton) 25:58
2, K Toher (N&P) 26:06
3, S Barden (GEC) 26:12
WOMEN
1, A Hulley (Leeds) 21:16
2, L York (Leic) 21:24
3, V McPherson (Glas U) 21:25
JUNIORS
1, P Radcliffe (Bed) 14:23
2, J Clague (Liv H) 14:38
3, S Murphy (SB) 14:51

WOMEN'S NATIONAL, CHELTENHAM 15TH FEBRUARY

SENIORS
1, L York (Leic) 19:49
2, A Whitcombe (Park) 19:52
3, S Rigg (Sale) 19:54
INTERS
1, S Murphy (SB) 16:27
2, E Motherwell (C&C) 17:23
3, S Salmon (N&P) 17:23
GIRLS
1, A Tremble (NSP) 13:08
2, N Slater (Rad) 13:19
3, N Russell (Bed) 13:24
MINORS
1, A Barker (Keigh) 16:11
2, S Pendrich (Dart) 16:27
3, D Adams (Liv H) 17:06

SCOTTISH CHAMPS, IRVINE 22ND FEBRUARY

MEN
1, T Murray (Cambus) 33:58
2, C Robison (IBM) 34:17
3, R Quinn (Kilb) 34:19
YOUTHS
1, C Clelland (Cambus) 21:32
2, G Browitt (Pen) 21:36
3, A Mooney (BT) 21:39
WOMEN
1, P Mowbray (EU) 23:28
2, J Pyrah (EU) 23:57
3, G Reid (JWK) 24:23

NORTHERN IRELAND CHAMPS, LURGAN 22ND FEBRUARY

MEN
1, D Wilson (Anna) 42:01
2, D Moore (Anna) 42:15
3, J Ferran (N Bel) 42:20
YOUTHS
1, T Whiteside (Anna) 20:25
2, M Carson (ED) 20:51
3, C Quigley (SJ) 21:24
WOMEN
1, N Mullan (Sparta) 21:57
2, T Kidd (BSN) 22:15
3, A Paul (Sparta) 22:24

ECCU CHAMPS, NEWARK 29TH FEBRUARY

MEN
1, E Martin (Bas) 40:29
2, W Dee (Lut) 40:56
3, A Carey (Warr) 41:13
JUNIORS
1, A Pearson (Long) 28:36
2, J Gascoyne (Harl) 29:13
3, K Cullen (Chelm) 29:15
YOUTHS
1, M Steinle (B'hth) 21:21
2, M Laffar (Hav) 21:26
3, I Bowden (P&B) 21:29

WELSH CHAMPS 29TH FEBRUARY

MEN
1, I Hamer (Swan) 34:29
2, S Jones (Newp) 34:41
3, M Healy (Llis) 35:39
JUNIORS
1, C Stephenson (Car) 25:24
2, M Morgan (Newp) 25:35
3, S Henshaw (Dee) 25:43
YOUTHS
1, C Blount (Newp) 20:59
2, A Marshman (Brec) 21:09
3, D Povall (Newp) 21:36
WOMEN
1, M Watson (West) 21:29
2, H Nash (Torf) 21:40
3, W Ore (Car) 21:56
JUNIORS
1, J Mills (Harl) 22:51
2, E Evans (VoA) 23:21
3, H Templeman (Car) 24:23

INTERS
1, V Connelly (Neath) 13:47
2, E Parry (Swan) 14:01
3, B Fallon (Wirr) 14:03
GIRLS
1, N Hampshire (Brec) 10:57
2, K Jones (Wyc P) 11:00
3, K Finch (Newp) 11:03
MINORS
1, H Gruffydd (Carm) 8:49
2, A Pritchard (Car) 8:52
3, C Reeks (Torf) 8:55

ENGLISH SCHOOLS' CHAMPS, BRISTOL 7TH MARCH

SENIOR BOYS
1, S Barden (Kt) 25:04
2, P Morrison (Hants) 25:23
3, R Scanlon (W Mids) 25:30
INTER BOYS
1, K Farrow (Der) 20:22
2, S West (Leic) 20:34
3, K Stone (Dev) 20:41
JUNIOR BOYS
1, D Siddons (Berks) 16:27
2, D Niblett (Staffs) 16:37
3, M Buss (Sx) 16:41
SENIOR GIRLS
1, P Radcliffe (Beds) 14:43
2, C Mayock (S Yorks) 15:50
3, J Mitchell (Sy) 15:55
INTER GIRLS
1, S Murphy (Mx) 13:57
2, J MacKay (Herts) 14:26
3, A Foster (N'thland) 14:30
JUNIOR GIRLS
1, D Ridler (N Yorks) 12:43
2, L Ireland (N Yorks) 12:50
3, J Himsworth (Lincs) 12:52

ECCU RELAYS, MANSFIELD 14TH MARCH

MEN
1, Tipton Harriers 1:01:33
2, Stourport 1:01:25
3, London Irish 1:01:41
JUNIORS
1, Birchfield Harriers 37:46
2, Sale Harriers 37:54
3, Liverpool Harriers 38:55
YOUTHS
1, Cornwall 31:05
2, Derby and County 31:44
3, Birchfield Harriers 31:53
WOMEN
1, Sale Harriers 31:53
2, Birchfield 32:11
3, GEC Avionics 33:48
INTERS
1, Bedford and County 27:24
2, Shaftesbury Barnet 27:36
3, Gloucester 27:55
GIRLS
1, Bedford and County 22:06
2, Northampton Phoenix 22:32
3, Cannock and Stafford 22:36
MINORS
1, Liverpool Harriers 22:43
2, Bedford and County 23:02
3, Cannock and Stafford 23:08

WORLD CHAMPS BOSTON, USA 21st MARCH

MEN
1, J Ngugi (KEN) 37:05
2, W Mutwol (KEN) 37:17
3, F Bayesa (ETH) 37:18
JUNIORS
1, I Kirui (KEN) 23:37
2, H Silasie (ETH) 23:35
3, J Machuka (KEN) 23:37
WOMEN
1, L Jennings (USA) 21:16
2, C McKiernan (IRL) 21:18
3, A Dias (POR) 21:19
JUNIORS
1, PAULA RADCLIFFE 13:30
2, J Wang (CHN) 13:35
3, L Cheromei (KEN) 13:43

1992 UK MEN'S ROAD RANKINGS

Compiled by Martin Duff

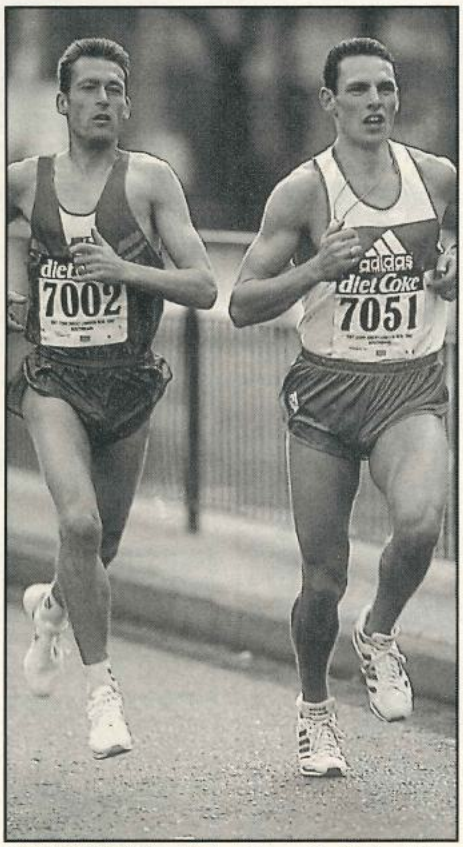
5 Miles

22:35	Ian Hamer (Swan)	Dublin	8th Mar
22:40	Dave Lewis (Ross)	Dublin	8th Mar
22:43	Steve Jones (Newp)	Dublin	8th Mar
22:44	Andy Bristow (B&H)	Dublin	8th Mar
23:20	Dave Buzza (Corn)	Portsmouth	6th Dec
23:24	Carl Udall (Omega)	Alsager	2nd Feb
23:27	Dave Long (WMT)	Corby	9th June
23:27	Andy Lyons (CoH)	Overton	12th Sep
23:29	Paul Fowler (Tip)	Alsager	2nd Feb
23:33	Kevin Lamb (Omega)	Alsager	2nd Feb
23:34	Julian Goater (SB)	Hillingdon	16th Feb
23:37	James Starling (Soton)	Portsmouth	6th Dec
23:39	Darren Daniels (C&S)	Alsager	2nd Feb
23:40	Davey Moore (Anna)	Dublin	8th Mar
23:43	Ken Penney (Box)	Portsmouth	6th Dec
23:44	John Campbell	Dublin	8th Mar
23:44	Dave Knight (B&H)	Portsmouth	6th Dec
23:45	Martin McLoughlin (Liv P)	Liverpool	24th Jun
23:45	John Kendall (AFD)	Overton	12th Sep
23:46	Simon Fairbrother (Box)	Portsmouth	6th Dec
23:46	Barney O'Connor (Tip)	Hillingdon	16th Feb
23:50*	John Ferrin (N Belf)	Belfast	10th Oct
23:53	Wayne Buxton (Bris)	Portsmouth	6th Dec
23:54	Dave Tune (CoH)	Hillingdon	16th Feb
23:55	Steve Brace (B'end)	Portsmouth	6th Dec
23:55	B Currie (Liv)	Birkenhead	3rd Jun
23:55	Justin Hobbs (Car)	Hatch End	22nd Nov
23:56	Larry Mangleshot (W Gn)	Wolverton	28th Nov
23:56	Rod Finch (Soton)	Portsmouth	6th Dec
23:57	Brendan Nugent (Lon I)	Hillingdon	16th Feb
23:58	P Delaney (Liv P)	Birkenhead	3rd Jun
23:58*	P Rowan (Willow)	Belfast	10th Oct
23:59	Gary Spring (Bed)	Wolverton	28th Nov
24:00	Mark Houghton (SB)	Hillingdon	16th Feb
24:00	Chris Sweeney (Tip)	Southwark	21st Jun
24:00	Paul Larkins (NVH)	Leicester	8th Nov

*Belfast course is 200yd short

10km

28:04	Jack Buckner (Charn)	Barcelona, ESP	6th Dec
28:36	Rob Denmark (Bas)	Basingstoke	29th Nov
28:36	Keith Cullen (Chelm)	Basingstoke	29th Nov
28:41	Billy Dee (Lut)	Basingstoke	29th Nov
28:43	Steve Tunstall (Pres H)	Swansea	13th Sep
28:46	Steve Cram (J&H)	Newcastle	8th Nov
28:47	Paul Taylor (Cope)	Newcastle	8th Nov
28:53	Terry Thornton (AFD)	Bowling Gn, USA	17th Oct
28:58	Greg Newhams (B'end)	Swansea	13th Sep
29:00	Carl Thackery (Hallam)	Redditch	15th Aug
29:02	Martin Jones (Horw)	Birmingham	27th Sep
29:03	Andy Bristow (B&H)	Essen, GER	1st Mar
29:03	Mark Flint (Telf)	Basingstoke	29th Nov
29:06	Steve Brace (B'end)	Swansea	13th Sep
29:06	*Phil Ellis (CAN)*	*Warwick*	*23rd Feb*
29:07	Mark Goddard (SB)	Swansea	13th Sep
29:09	Dave Long (WMT)	Warwick	23rd Feb
29:12	Richard Findlow (Brad A)	Tourcoing, FRA	18th Oct
29:12	Andrew Pearson (Long)	Keighley	9th Aug
29:13	Mike McLeod (Els)	Newcastle	8th Nov
29:14	Andy Green (Warr)	Zoetermeer	20th Sep
		Rotterdam	13th Sep
29:14	Paul Roden (Sale)	Birchwood	23rd Aug
29:14	Kevin McCluskey (Cope)	Sth Shields	29th Mar
29:14	Bashir Hussain (Stock)	Telford	20th Dec
29:15	Darren Spawforth (Wake)	Moreton	8th Nov
29:16	Paul Davies-Hale (C&S)	Birmingham	27th Sep
29:16	John Ferrin (N Belf)	Ballyclare	21st Mar
29:16	Mark Hudspith (Morp)	Newcastle	8th Nov
29:17	Dave Neal (RNAC)	Swansea	13th Sep
29:17	Ian Hudspith (Morp)	Newcastle	8th Nov
29:18	Larry Matthews (Salf)	Chelmsley W	14th Jun
29:19	Chris Buckley (West)	Birmingham	27th Sep
29:22	Chris Sweeney (Tip)	Basingstoke	29th Nov
29:22	Dave Knight (B&H)	Moreton	8th Nov
29:22	Jon Gascoyne (Harl)	Moreton	8th Nov
29:23	Mike Cadman (Tip)	Moreton	8th Nov
29:24	Brian Rushworth (Sun)	S Shields	29th Mar
29:25	Mike Carroll (Annan)	Dumfries	10th Sep
29:26	Roger Hackney (AFD)	Basingstoke	29th Nov
29:27	Paul Rowan (Willow)	Ballyclare	21st Mar
29:27	Tommy Murray (Cambus)	Strathkelvin	24th May
29:28	Nigel Gates (B&H)	Dieppe	18th Nov
29:29	Paul Taylor (Cope)	Redditch	15th Aug
29:30	Adrian Callan (Spring)	Grangemouth	9th Feb
29:30	John Weir (NBH)	Ballyclare	21st Mar
29:30	Tony Milovsorov (Tip)	Telford	31st May



UP FRONT: Carl Thackery (left, beside Gary Arthey) tops the 10-mile lists

29:30	Darren Cooney (Sheff)	Keighley	9th Aug
29:31	Nick O'Brien (Lon I)	Belfast	5th Dec
29:31	Gary Arthey (B'hth)	Docklands	18th Oct
29:32	John Kendall (AFD)	Basingstoke	29th Nov
29:33	Dave Swanston (Cope)	Kirkham	5th Sep
29:33	Jim Campbell (Anna)	Belfast	5th Dec
29:34	Dave Cowan (Box)	Basingstoke	29th Nov
29:34	Nigel Adams (Swan)	Basingstoke	29th Nov
29:34	Steve Jones (Newp)	Asbury Pk, USA	8th Aug
29:34	Peter Whitehead (Sky)	Doncaster	1th Oct
29:34	Kevin Lamb (W&B)	Warwick	23rd Feb
29:35	Richard Hollingsworth (Notts)	Moreton	8th Nov

10 Miles

46:36	Carl Thackery (Hallam)	Erewash	6th Sep
47:08	Dave Payne (Tip)	Algarve	4th Apr
47:08	Paul Davies-Hale (C&S)	Southampton	11th Oct
47:10	Jack Buckner (Charn)	Southampton	11th Oct
47:17	Dave Buzza (Corn)	The Hague	20th Dec
47:44	Kevin McCluskey (Cope)	Stoke	7th June
47:55	Steve Brace (B'end)	Southampton	11th Oct
47:58	Andy Green (Warr)	The Hague	20th Dec
47:59	John Sherban (SB)	Flint, USA	22nd Aug
48:00	Gary Arthey (B'hth)	Southampton	11th Oct
48:05*	Mike Carrol (Annan)	Motherwell	5th Apr
48:11	Kevin Lamb (Tip)	Algarve	4th Apr
48:11	Lee Wooldridge (Tip)	Algarve	4th Apr
48:15	Nigel Adams (Swan)	Llandudno	8th Nov
48:16	Mark Flint (Telf)	Erewash	6th Sep
48:19	Mike Cadman (Tip)	Birchfield	11th Nov
48:33	Tony Jackson (Stour)	Chelmsley W	4th Oct
48:36	Martin Jones (Horw)	Stoke	2nd June
48:37	Peter Tootell (Stret)	Washington	5th Apr
48:41	Peter Whitehead (Sky)	Erewash	6th Sep
48:41	Jon Solly (HHH)	Park Forest	7th Sep
48:43	Tony Milovsorov (Tip)	Stoke	7th June
48:46	Dave Payne (Tip)	Erewash	6th Sept
48:49	Dave Donnett (S'burn)	Kendal	7th Mar
48:49	Paul Cuskin (Sun)	Hexham	5th Sep
48:50	Andy Lyons (CoH)	Bridlington	21st Jun
48:50	Sean Tobin(Swan)	Llandudno	8th Nov
48:52	Barney O'Connor (Tip)	Algarve	4th Apr
49:00	Peter Fleming (RCE)	Erewash	6th Aept
49:03	Mark Smith (Gate)	Brampton	21st Nov
49:05	Paul Green (E Ches)	Llandudno	8th Nov
49:05	Greg Newhams (B'end)	Rhondda	5th Jul
49:08	Malcolm Price (Sun)	Hartlepool	19th Apr
49:08	Andy Wilton (Tip)	Algarve	4th Apr
49:09	Terry Mitchel (Fife)	Cookson	14th Mar
49:11	German Silver (Nike)	Erewash	6th Sep
49:11	Barry Royden (Med)	Sidcup	29th Mar
49:12	Ken Penney (Box)	Wimbledon	4th Oct
49:14	Dale Laughlin (Chelm)	Gt Baddow	17th May
49:14	Rob Wise (Ply)	Stoke	7th Jun
49:19	Jerry Hall (Swan)	Llandudno	8th Nov
49:20	Martin Hula (SB)	Tipton	15th Nov
49:21	Mark Croasdale (L&M)	Morecambe	28th Jun
49:24	Richard Ironmonger (Notts)	Lincoln	5th Jul
49:30	Tom Buckner (Havant)	Fareham	26th Jan
49:30	Mark Burnhope (Tip)	Northampton	1st Jan

*Tom Scott Race, Motherwell, downhill course, only winner included.

Half-marathon

1:01:17	Dave Lewis (Ross)	Newcastle	20th Sep
1:01:34	Richard Nerurkar (Bing)	Orlando	6th Dec
1:01:34	Paul Evans (Bel) (also 1:01:38 GNR)	Lisbon*	15th Mar
1:01:59	Carl Thackery (Hallam)	Newcastle	20th Sep
1:02:11	Dave Clarke (HW)	Berlin	5th Apr
1:02:11	Steve Jones (Newp)	Lisbon*	15th Mar
1:02:16	Dave Long (Unatt)	Lisbon*	15th Mar
1:02:29	Mark Flint (Tel)	Newcastle	20th Sep
1:02:38	Steve Brace (B'end)	Newcastle	20th Sep
1:02:40	Dave Swanston (Cope)	Newcastle	20th Sep
1:02:47	Billy Dee (Lut)	Fleet	22nd Mar
1:02:48	Greg Newhams (B'end)	Newcastle	20th Sep
1:02:49	Gary Arthey (B'hth)	Cassis	25th Oct
1:03:27	John Robson (RCE)	Selkirk	19th Apr



RETURN TO TOP: Welshman Steve Jones gave a glimpse of his best form with a 2:10:06 marathon

1:03:40	Steve Tunstall (Pres)	Mont Bellard	4th Oct
1:03:41	Paul Roden (Sale)	Newcastle	20th Sep
1:03:43	Peter Whitehead (Sky)	Newcastle	20th Sep
1:03:48	Mike Carroll (Annan)	Haarlem	18th Oct
1:03:49	Mike Bishop (Staff M)	Chateau du Loire	27th Jun
1:03:49	Giovanni Rizzo (NVH)	Peterborough	10th May
1:03:52	John Ferrin (N Belf)	Omagh	28th Mar
1:03:59	Terry Thornton (AFD)	Austin (USA)	6th Jan
1:03:59	Colin Walker (Gate)	Bath	15th Mar
1:04:00	Hugh Jones (Rane)	Lisbon*	15th Mar
1:04:02	Martin McLoughlin (Liv P)	Liverpool	21st Jun
1:04:12	Mike Bishop (Staffs M)	Lisbon*	15th Mar
1:04:15	Paul Davies-Hale (C&S)	Exeter	4th Apr
1:04:25	Ian Cornford (SB)	Bath	15th Mar
1:04:29	Dave Payne (Tip)	Bath	15th Mar
1:04:31	Dave Neal (RNAC)	Exeter	4th Apr
1:04:37	Kevin Lamb (W&B)	Bath	15th Mar
1:04:41	Rob Wise (Ply)	Bath	15th Mar
1:04:42	Ieuan Ellis (Els)	Leeds	25th Oct
1:04:45	Peter Fleming	Berlin	5th Apr
1:04:48	Gary Spring (Bed)	Bath	15th Mar
1:04:55	Gary Nagel (Valli)	Newcastle	20th Sep
1:04:55	Mike O'Reilly (High)	Puerto Rico	9th Feb
1:04:57	Paul Froggatt (NWP)	Bath	15th Mar
1:04:58	Mike Gratton (Inv)	The Hague	28th Mar
1:04:58	Alan Guilder (B'hth)	Cantabury	17th May
1:04:58	John Weir (N Belf)	Omagh	28th Mar
1:04:59	Jerry Hall (Swan)	Bath	15th Mar
1:05:03	Paul Cuskin (Sun)	Stroud	25th Oct
1:05:04	Mark King (Omega)	Bath	15th Mar
1:05:04	Richard Miles (Gate)	Nottingham	27th Sep
1:05:06	Martin Hula (Bris)	Nice	12th Apr
1:05:09	Eammon Hyland (Red RR)	Malta	16th Feb
1:05:10	Martin Jones (Horw)	Stroud	25th Oct
1:05:13	Mark Croasdale (L&M)	Stroud	25th Oct
1:05:14	Chris Sweeney (Tip)	Bath	15th Mar
1:05:17	Vince Garner (AFD)	Fleet	22nd Mar
1:05:21	John Sherban (SB)	Newcastle	20th Sep
1:05:23	Nathan Vengdasalem (Liv P)	Helsby	11th Jan
1:05:25	Andy Symonds (Bir)	Newcastle	20th Sep
1:05:26	Simon Rayner (HW)	Stavanger	24th Oct
1:05:27	Wayne Buxton (Bris)	Bath	15th Mar
1:05:29	Richard Sharp (Sheff)	Newcastle	20th Sep
1:05:32	G Wright (Ayr)	Irvine	7th Jun
1:05:33	Steve Cram (J&H)	Newcastle	20th Sep
1:05:33	John Wheway (Tip, M40)	Bath	15th Mar
1:05:34	Fraser Clyne (A'deen)	Malta	16th Feb
1:05:34	Bashir Hussein (Stock)	Bath	15th Mar
1:05:34	Tommy Murray (Cambus)	Glasgow	23rd Aug
1:05:37	Paul Kelly (Mand)	Bath	15th Mar
1:05:41	Dave Ross (RCE)	Helensburgh	26th Jul
1:05:43	Andy Bristow (B&H)	H Wycombe	19th Jul
1:05:45	Mark Burnhope (Tip)	Bath	15th Mar
1:05:45	Terry Mitchell (Fife)	Loch Leven	5th Sep
1:05:47	Tom Buckner (Havant)	Portsmouth	8th Mar
1:05:47	Roger Hackney (AFD)	Gothenberg	16th May
1:05:49	Alan Robson (RCE)	Helensburgh	26th Jul
1:05:50	C Thompson (Cambus)	Helensburgh	26th Jul
1:05:53	Mark Cooper (Soton)	Portsmouth	8th Mar
1:05:53	Darren Cooney (Sheff)	Sheffield	8th Jun
1:05:59	Paul Rowan (Willow)	Lisburn	17th Jul

*Runners in the Lisbon Half-marathon were reported to have started at least 50 metres in front of the start line

MARATHON

2:10:06	Steve Jones (Newp)	Toronto	4th Oct
2:10:36	Paul Evans (Bel)	London	12th Apr
2:12:28	Mike O'Reilly (IRL)	Fukuoka	6th Dec
2:12:37	Carl Thackery (Hallam)	Carpi, ITA	25th Oct
2:13:15	Mike O'Reilly (High)	Otsu, JPN	15th Mar
2:13:49	Dave Lewis (Ross)	New York	1st Nov
2:13:57	Hugh Jones (Rane)	Tokyo, JPN	9th Feb
2:13:59	Tommy Hughes (Esp)	Marakech, MOR	12th Jan
2:14:04	Kevin McCluskey (Cope)	Berlin, GER	27th Sep
2:14:10	Steve Brace (Bridge)	New York	1st Nov
2:14:27	Gary Spring (Bed)	Rheims, FRA	5th Sep
2:14:27	Pavel Klimes (Lon I)	Carpi, ITA	25th Oct
2:15:09	Andy Green (Warr)	Eindhoven, HOL	11th Oct
2:15:41	Dave Buzza (Corn)	Berlin, GER	27th Sep
2:16:48	Peter Fleming (RCE)	Houston, USA	26th Jan
2:17:19	John Kiernan (Clon)	Dublin, IRL	26th Oct
2:17:34	Andy Symonds (Bir)	London	12th Apr
2:17:45	Chris Penny (Stour)	Dublin, IRL	26th Oct
2:17:56	Terry Mitchell (Fife)	Belgrade, YUG	23rd Apr
2:17:58	Eamonn Hyland (RCE)	Karlsruhe, GER	20th Sep
2:18:03	Adri Hartveld (Stoke)	Rotterdam, HOL	5th Apr
2:18:23	Peter Williams (Swan)	Duluth, USA	20th Jan
2:18:25	Mike Bishop	London	12th Apr
2:18:33	Ian Bloomfield (CleS, M40)	Majorca	6th Dec
2:18:37	Tom Maher (Lon I)	Dublin	26th Oct
2:18:47	John Wheway (Tip, M40)	London	12th Apr
2:19:00	Derek Hooper (Rah)	Dublin, IRL	26th Oct
2:19:01	Ieuan Ellis (Els)	Reykjavik, ICE	23rd Aug
2:19:09	Mark Roberts (Stoke)	London	12th Apr
2:19:41	Dave Clarke (HW)	Stockholm, SWE	30th May
2:19:48	Peter Whitehead (Sky)	New York	1st Nov
2:19:49	Jerry Hall (Swan)	London	12th Apr
2:20:05	Eric Williams (Stock)	London	12th Apr
2:20:08	Trevor Clark (Poole)	London	12th Apr
2:20:19	Kevin Brown (Man)	London	12th Apr
2:20:51	Dave Long (WMT)	Barcelona, ESP	9th Aug
2:21:03	John Boyes (B'mth)	Cherbourg, FRA	20th Apr
2:21:06	Karl Harrison (Traff)	London	12th Apr
2:21:15	Paul Davies-Hale (C&S)	Barcelona, ESP	9th Aug
2:21:25	Paul Bettridge (Hav)	London	12th Apr
2:21:25	Paul Smith (Les C)	London	12th Apr
23:21:36	Jerry Watson (THH)	Kosice, TCH	4th Oct
2:21:37	Hammy Cox (Green G)	Hong Kong	9th Feb
2:21:41	Ian Bloomfield (CleS, M40)	Hong Kong	9th Feb
2:22:05	Andy Beattie (SB)	London	12th Apr
2:22:23	Dave Grover (Sun)	London	12th Apr
2:22:31	Kenny Davies (Newc)	Dublin, IRL	25th Oct
2:22:32	Gary Matthews	Rotterdam, HOL	5th Apr
2:22:39	Aidan Donaldson	Belfast	4th May
2:22:46	Mark Croasdale (L&M)	Grimsby	4th Oct
2:23:00	Ian Corrin (St H)	Liverpool	21st Jun
2:23:15	Gary Nagel (Valli)	London	12th Apr
2:23:26	John Parker (Tip)	London	12th Apr
2:23:35	Nigel Barlow (Hor)	Liverpool	21st Jun
2:23:36	John Duffy (Green G)	Swinderby	25th Sep
2:23:37	Colin Reitz (NEB)	Grimsby	4th Oct
2:23:43	Jerry Masterson (Leic)	London	12th Apr
2:23:56	Andi Drake (Cov RWC)	London	12th Apr
2:24:06	Mark Plint (Sheff)	London	12th Apr
2:24:12	Peter O'Donoghue (Omega)	Belfast	4th May
2:24:15	Dave Bond (Barns)	London	12th Apr

DOWN IN THE DOLDRUMS

● BRITISH distance running certainly looks to be in the doldrums, judging by the performances over 5 miles and 10km.

If the Dublin 5 is discounted, which hosted all the sub 23-minute British efforts this season, Dave Buzza would head the rankings with 23:20 - hardly a time to scare the rest of the world.

There were also fewer runners under 24 minutes than in 1991.

● Over 10km, there has to some doubt about Jack Buckner's 28:04, reportedly run on a course nearer nine than 10km.

But at least the fastest times came in a championship race, suggesting that prizes alone will not lead to improvement. British runners are still drawn by the seemingly outdated, on the road at least, goal of winning a championship title.



IN QUESTION: Jack Buckner

● Like last year, the longer distances - with a fine 46:36 heading the 10 miles lists - make for impressive reading.

Surely on an easier course that time would have been even faster. Behind Carl Thackery, who led last year, there are a good number of 47-minute clockings, but none the less, that's still two less than last year.

● Run a world championships in Britain and there's bound to be improvements in depth and times.

The diet Coke Great North Run produced the fastest times and the best in-depth rankings of any distance.

If there was a quality 10km of equal standing run next year, expect many more sub-29-minute clockings. The talent is obviously there, the opportunity is not.

● ONE of the most improved runners in 1992 has to be Andy Green (Warrington), who won the Eindhoven Marathon in Holland and clocked under 48 minutes for 10 miles during the season.

He has speed and strength, making him a major Games contender of the future.

● DEPTH is as good as ever in the marathon, but still the really fast times are still missing.

But since that is the case in the five miles and 10km, perhaps it's no great surprise, as 2:08 marathons normally require sub-28-minute 10km speed.

1992 world merit

MEN

Overseas editor DAVE MARTIN presents the year's rankings according to results and perfomances

100 METRES

1, LINFORD CHRISTIE 9.96; **2,** Frankie Fredericks (NAM) 10.02 (9.91w); **3,** Olapade Adeniken (NGR) 9.97; **4,** Dennis Mitchell (USA) 10.09 (9.94w); **5,** Carl Lewis (USA) 10.07 (9.95w); **6,** Leroy Burrell (USA) 9.97 (9.96w); **7,** Bruny Surin (CAN) 10.05; **8,** Mark Witherspoon (USA) 10.09; **9,** Davidson Ezinwa (NGR) 9.96 (9.91?); **10,** Mike Marsh (USA) 9.93

CHRISTIE may have been outsprinted for the BBC Personality of the Year Award, but over 100m he was undisputed King of the Track this year.

Behind him in Barcelona was the ultra-consistent Fredericks.

Although sixth in the Olympic final, Adeniken did beat Christie 4-3 overall and clocked-up Grand Prix victories in Stockholm, Lausanne, Cologne and Brussels.

200 METRES

1, Mike Marsh (USA) 19.73; **2,** Frankie Fredericks (NAM) 19.97; **3,** Michael Bates (USA) 20.01; **4,** Robson Da Silva (BRA) 20.15; **5,** Michael Johnson (USA) 19.79; **6,** JOHN REGIS 20.09; **7,** Olapade Adeniken (NGR) 20.11 (20.00wA); **8,** LINFORD CHRISTIE 20.25; **9,** Carl Lewis (USA) 20.15; **10,** Leroy Burrell ((USA) 20.12

FEW of us expected Johnson's dramatic slump in form even though he was beaten by Fredericks in the Rome GP. The world champion bounced back to win a TAC title in 19.79sec, ahead of Marsh, arriving in Barcelona as favourite. But Johnson was eliminated in his semi-final.

Montjuic Stadium belonged to Marsh, who won his semi-final in 19.73sec, just outside Pietro Mennea's world record, then easily took the gold medal ahead of Fredericks and Bates. The Namibian's consistency (10 major victories) was an easy second best.

Bates and Da Silva, both consistent post-Olympics, rate ahead of Johnson despite his three sub-20sec performances.

400 METRES

1, Quincy Watts (USA) 43.50; **2,** Steve Lewis (USA) 44.08; **3,** Samson Kitur (KEN) 44.18; **4,** Michael Johnson (USA) 43.98; 5, Ian Morris (TRI) 44.21; **6,** Danny Everett (USA) 43.81; **7,** Roberto Hernandez (CUB) 44.52; **8,** DAVID GRINDLEY 44.47; **9,** Andrew Valmon (USA) 44.51; **10,** Ibrahim Ismail (QAT) 45.01

A RELATIVE newcomer to the event, Watts collected an amazing four sub-44sec marks between mid-June and Zurich on 19th August.

His best of 43.50 when winning the Olympic crown suggests that Butch Reynolds' world mark of 43.29 will be his 1993 target.

Lewis, runner-up in Barcelona, also had five major wins, although Johnson beat him in London.

Kitur was a worthy third, with a string of successes after the Olympics. David Grindley's three sub-45sec performances at the Games gain him a top 10 spot.

800 METRES

1, William Tanui (KEN) 1:43.37; **2,** Nixon Kiprotich (KEN) 1:43.31; **3,** Johnny Gray (USA) 1:42.80; **4,** DAVID SHARPE 1:43.98; **5,** Andrea Benvenuti (ITA) 1:43.92; **6,** CURTIS ROBB 1:45.16; **7,** Mark Everett (USA) 1:43.40; **8,** Robert Kibet (KEN) 1:44.17; **9,** TOM McKEAN 1:44.39; **10,** Jose Parilla (USA) 1:43.97

TANUI's Olympic victory gained him the nod over Kiprotich. Tanui had Grand Prix successes in Lausanne, Nice, Zurich and Brussels, while his countryman had only three successes.

Sharpe's brilliant World Cup success in Havana edges him ahead of Benvenuti, while Robb's sixth place in Barcelona deservedly moves him ahead of Everett and Kibet.

McKean sneaks into the list, with Parilla, third in the TAC, bringing up the rear.

1,500 METRES

1, Noureddine Morceli (ALG) 3:28.82; **2,** Fermin Cacho (ESP) 3:32.69; **3,** Wilfred Kirochi (KEN) 3:32.49; **4,** Rachid el Basir (MAR) 3:34.40; **5,** Mohammed Suleiman (QAT) 3:34.12; **6,** William Kemei (KEN) 3:32.41; **7,** Joseph Chesire (KEN) 3:33.12; **8,** Jim Spivey (USA) 3:32.94; **9,** David Kibet (KEN) 3:32.13; **10,** Jens-Peter Herold (GER) 3:32.77

APART from Cacho's thrilling Olympic triumph on his own patch, the event seems to have lost much of his past glamour. "Oh for an Aouita, Cram or Coe," was the frequently-heard cry on the Grand Prix circuit.

Fortunately, Morceli, after doing everything wrong in Barcelona, eclipsed Aouita's world record in Rieti. This, and his success over Cacho in Zurich, earned him top position.

There were seven Africans ranked but none from Great Britain - will things get better?

5,000 METRES

1, Dieter Baumann (GER) 13:09.03; **2,** Paul Bitok (KEN) 13:08.89; **3,** Yobes Ondieki (KEN) 13:03.58; **4,** Moses Kiptanui (KEN) 13:00.93; **5,** Fita Bayesa (ETH) 13:13.03; **6,** Brahim Boutayeb (MAR) 13:13.27; **7,** Richard Chelimo (KEN) 13:10.46; **8,** ROB DENMARK 13:10.24; **9,** Khalid Skah (MAR) 13:09.10; **10,** Bekila Worku (ETH) 13:23.52

BAUMANN ran rarely but won on every outing, including the Olympic final, where he inflicted the first defeat of the season on Bitok who counted victories in Oslo, London, Nice and Zurich before the season's end.

Preference is given to Ondieki and Kiptanui ahead of Barcelona bronze medallist Bayesa. Ondieki was the season's leader (and second in Zurich, where the Ethiopian was 11th) until Kiptanui's amazing debut in Brussels when the world record could have gone.

Denmark is a deserved eighth on the strength of his early-season form and seventh position in the Olympics.

10,000 METRES

1, Richard Chelimo (KEN) 27:15.53; **2,** Khalid Skah (MAR) 27:46.70; **3,** Fita Bayesa (ETH) 27:14.26; **4,** Addis Abebe (ETH) 27:38.37; **5,** Salvatore Antibo (ITA) 27:48.6; **6,** Arturo Barrios (MEX) 27:34.60; **7,** Antonio Martins (FRA) 27:22.78; **8,** Joseph Keino (KEN) 27:35.77; **9,** William Koech (KEN) 28:08.86; **10,** PAUL EVANS 27:48.32

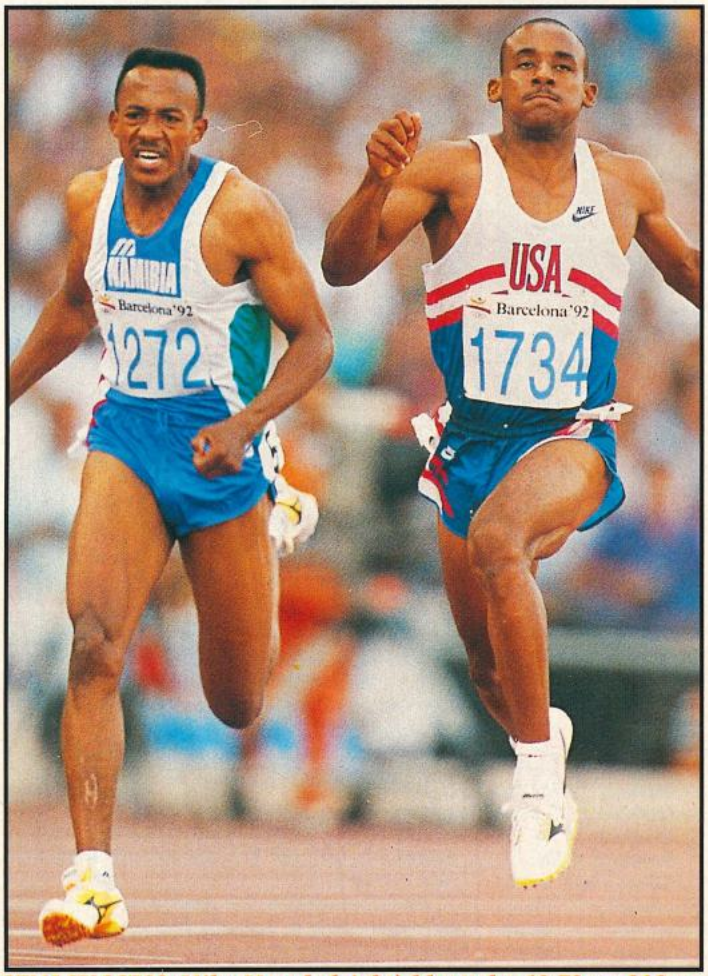
SKAH beat Chelimo when it mattered in Barcelona. The Kenyan, however, contested two of the major three races of the year, finishing second to Bayesa in Oslo and winning in Brussels.

Bayesa's Oslo run was the world leader but the Ethiopian surprisingly slumped to ninth in Barcelona.

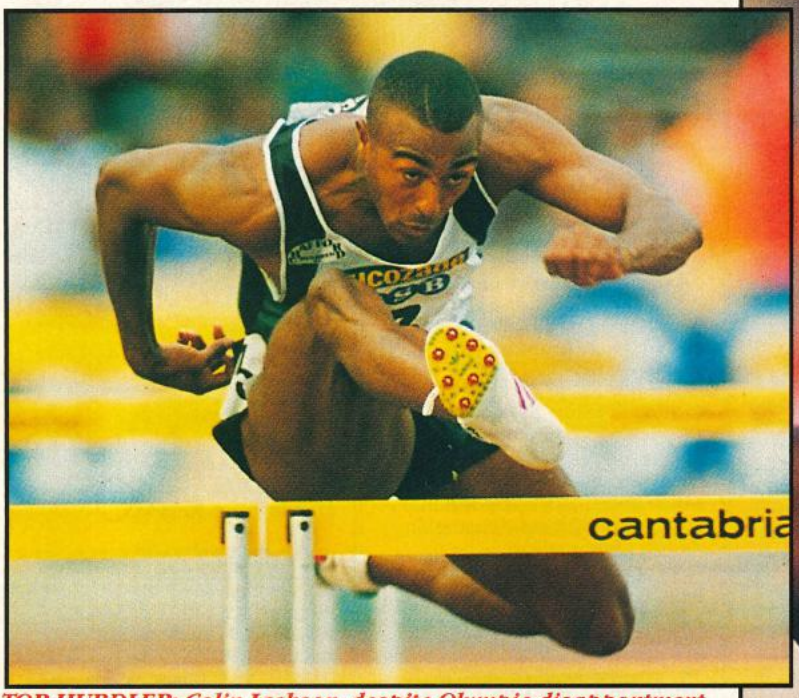
Evans is ranked ahead of those who beat him Spain on the strength of his determined run in Berlin. The man he replaced, German Silva of Mexico, dropped out there and in Oslo.

3,000M SC

1, Moses Kiptanui (KEN) 8:02.08; **2,** Matthew Birir (KEN) 8:08.84; **3,** Patrick



SEMI-SUCCESS: Mike Marsh (right) blasted a 19.73sec 200m in the Barcelona Olympics semi-final



TOP HURDLER: Colin Jackson, despite Olympic disappointment

rankings

Sang (KEN) 8:09.55; **4,** William Mutwol (KEN) 8:10.74; **5,** Philip Barkutwo (KEN) 8:05.37; **6,** Alessandro Lambruschini (ITA) 8:13.38; **7,** Steffen Brand (GER) 8:16.60; **8,** TOM HANLON 8:13.65; **9,** Azzedine Brahmi (ALG) 8:11.27; **10,** William Van Dijck (BEL) 8:14.58

KIPTANUI may have missed the Olympics, but his world record in Zurich and end-of-season 8:05.25 in Rieti make him the undisputed No.1.

Birir slowed down after winning his Olympic crown, but holds down the second spot.

Although Barkutwo won the World Cup and ran 8:05.37 in Rieti, Mutwol's bronze in Barcelona keeps him ahead.

Hanlon slowed down after the Games but his sixth place there puts him eighth on the ladder.

110M HURDLES

1, COLIN JACKSON 13.04; **2,** Mark McKoy (CAN) 13.11 (13.06w); **3,** Tony Dees (USA) 13.08; **4,** Jack Pierce (USA) 13.13; **5,** TONY JARRETT 13.17 (13.04w); **6,** Florian Schwarthoff (GER) 13.13; 7, Emilio Valle (CUB) 13.39; **8,** HUGHIE TEAPE 13.44; **9,** Arthur Blake (USA) 13.26; **10,** Roger Kingdom (USA) 13.29

INJURY ruined Jackson's chances of victory in the World Championships, then after a brilliant start to this season (11 wins out of 12) he stormed through his Olympic heat in 13.10. Surely gold would be his.

The memories of the final will live with him to Atlanta. Victory went to his training partner McKoy, but even the Canadian will admit Jackson was the year's top hurdler, running faster than 13.25 on 17 occasions.

TAC champion Pierce narrowly heads Jarrett - just as he did in the Olympics - although beaten by the Englishman on three occasions.

Teape is ranked after completing the GB trio in the Olympic final.

400M HURDLES

1, Kevin Young (USA) 46.78; **2,** Winthrop Graham (JAM) 47.62; **3,** KRISS AKABUSI 47.82; **4,** Samuel Matete (ZAM) 47.91; **5,** Stephane Diagana (FRA) 48.13; **6,** Niklas Wallenlind 48.35; **7,** Dave Patrick (USA) 48.01; **8,** Oleg Twerdochleb (EUN) 48.63; **9,** McClinton Neal (USA) 48.34; **10,** Sven Nylander (SWE) 48.75

YOUNG was truly amazing, the World Athlete of the Year surpassing even the great world record of Ed Moses.

Unbeaten all season, he chalked up 11 Grand Prix wins (inlcuding the final). He also ran under 48sec on nine occasions (10 if Berlin, where a hurdle was missing, is included). His world record of 46.78 obliterated the Olymic opposition. Even world champion Matete, disqualified in his semi-final, would have been way down on the American.

Graham was a worthy second, with Akabusi, who wound down after Barcelona, holding off Matete for third on the basis of getting it right on the day.

HIGH JUMP

1, Javier Sotomayor (CUB) 2.36; **2,** Patrik Sjoberg (SWE) 2.34; **3,** Tim Forsyth

SPRINT QUEEN: Gwen Torrence, top-ranked over 100/200m

(AUS) 2.34; **4,** Hollis Conway (USA) 2.35; **5,** STEVE SMITH 2.37; **6,** Troy Kemp (BAH) 2.34; **7,** Artur Partyka (POL) 2.34; **8,** Ralf Sonn (GER) 2.32; **9,** Marino Drake (CUB) 2.30; **10,** Dragutin Topic (YUG) 2.35

SOTOMAYOR had a brilliant year, although an appointment with Fidel Castro cost him valuable points in the Grand Prix final, where Sjoberg ousted him for the individual title.

Ranking Smith was difficult. Halfway up the table was the decision for the new World Junior champion whose 2.37 was the best outdoor mark of the year.

POLE VAULT

1, Sergey Bubka (EUN) 6.13; **2,** Maksim Tarasov (EUN) 5.90; **3,** Igor Trandenkov (EUN) 5.90; **4,** Rodion Gataullin (EUN) 5.95; **5,** Javier Garcia (ESP) 5.75; **6,** Kory Tarpenning (USA) 5.86; **7,** Jean Galfione (FRA) 5.90; **8,** Igor Potapovich (EUN) 5.92; **9,** Grigoriy Yegorov (EUN) 5.85; **10,** Philippe Collet (FRA) 5.80

BUBKA's three world records, despite his lapse in the Olympic final, gained him top spot against the winner on that day, Tarasov.

Garcia withstood the pressure of competing on his home turf to take the bronze medal and that performance lifts him to fifth.

LONG JUMP

1, Carl Lewis (USA) 8.68 (8.72w); **2,** Mike Powell (USA) 8.64 (8.99wA, 8.90w); **3,** Joe Greene (USA) 8.38 (8.66wA, 8.57w); **4,** Ivan Pedroso (CUB) 8.53 (8.79w); **5,** Dmitriy Bagryanov (EUN) 8.35; **6,** Jaime Jefferson (CUB) 8.21 (8.41w); **7,** Erick Walder (USA) 8.47 (8.58w); **8,** Mike Conley (USA) 8.34; **9,** Konstantinos Koukodimos (GRE) 8.22; 10, Llewellyn Starks (USA) 8.40

LEWIS' Olympic victory over world record-holder Powell sealed the No.1 spot, although the latter was far more active during the summer. Indeed, Barcelona was his only defeat in eight major competitions.

Olympians took the first four places in their Barcelona finishing order.

Bagryanov, seventh there, had a better competitive record than Jefferson, fifth on that occasion.

TRIPLE JUMP

1, Mike Conley (USA) 17.72 (18.17w); **2,** Charlie Simpkins (USA) 17.60 (17.86w); **3,** Frank Rutherford (BAH) 17.41; **4,** Leonid Voloshin (EUN) 17.36 (17.64w); **5,** Brian Wellman (BER) 17.25 (17.30w); **6,** Yoelvis Quesada (CUB) 17.23; **7,** Aleksandr Kovalenko (EUN) 17.32; **8,** Oleg Protsenko (EUN) 17.25; **9,** Ralf Jaros (GER) 17.28; **10,** JONATHAN EDWARDS 17.34

THERE can be few more consistent performers than Conley, who celebrated the year by the Olympic and overall Grand Prix titles (for the fourth successive time).

Simpkins ranked second over Rutherford on the strength of his Olympic silver medal.

Edwards' inconsistency before the World Cup held him down to 10th place.

SHOT PUTT

1, Werner Gunthor (SUI) 21.91; **2,** Mike Stulce (USA) 21.70; **3,** Jim Doehring (USA) 21.60; **4,** Gregg Tafralis (USA) 21.98; **5,** Alexandr Klimenko (EUN) 20.84; **6,** Ulf Timmermann (GER) 21.05; **7,** Vyacheslav Lykho (EUN) 20.94; **8,** K Bodenmuller (AUT) 20.48; **9,** Dragan Peric (YUG) 20.91; **10,** L Zerbini (ITA) 20.54

A DIFFICULT choice, but Gunthor, although out of the medals in Barcelona, gets the vote.

The world champion won all six of his Grand Prix outings, including the final. Similarly, Klimenko (eighth in the Olympic final) is elevated to fifth after three second places on the circuit.

DISCUS

1, Romas Ubartas (LIT) 68.18; **2,** Jurgen Schult (GER) 69.04; **3,** Lars Riedel (GER) 68.66; **4,** Tony Washington (USA) 67.88; 5, Roberto Moya (CUB) 64.64; **6,** Wolfgang Schmidt (GER) 66.86; **7,** Costel Grasu (ROM) 67.08; **8,** Attila Horvath (HUN) 64.30; **9,** Juan Martinez (CUB) 63.70; **10,** Vaclavas Kidikas (LIT) 66.12

WHILE Ubartas was an obvious choice, Schult's Olympic silver medal gained him the verdict ahead of colleague Riedel.

Moya, who took a bronze in Spain, is another who despite not being ranked in the world top 10, is rewarded for getting it right on the day.



TRIPLE TOP: Mike Conley, also second-best long jumper

HAMMER

1, Igor Astapkovich (EUN) 84.62; **2,** Andrey Abduvaliyev (EUN) 82.54; **3,** Igor Nikulin (EUN) 83.44; **4,** Yuriy Sedykh (EUN) 82.18; **5,** Tibor Gecsek (HUN) 81.02; **6,** Juri Tamm (EST) 81.86; **7,** Heinz Weiss (GER) 80.46; **8,** Lance Deal (USA) 81.08; **9,** V Sidorenko (EUN) 82.54; **10,** S Alay (EUN) 82.00

ASTAPKOVICH made two serious mistakes. The first was when beaten by Abduvaliyev and the second when that pair were relegated to minor medals when the hammer Grand Prix final was held in Brussels. Overall, though, Astapkovich deserved on merit to be No.1.

World record-holder Yuriy Sedykh, not selected for Barcelona, ranked fourth behind his younger colleagues.

JAVELIN

1, Jan Zelezny (TCH) 94.74/90.18; **2,** Seppo Raty (FIN) 90.60; **3,** STEVE BACKLEY 91.46; **4,** Kimmo Kinnunen (FIN) 83.42; **5,** Juha Laukkanen (FIN) 88.22; **6,** Tom Petranoff (RSA) 87.26; **7,** Tom Pukstys (USA) 83.20; **8,** MICK HILL 85.32; **9,** Vladimir Sasimovich (EUN) 86.16; **10,** Gavin Lovegrove (NZL) 86.14

ZELEZNY proved himself the master over Backley. Even though later disallowed, his world record throw of 94.74 in Oslo seemed to disillusion Backley, who also lost to Raty in Barcelona and in Sheffield's post-Olympic meeting.

Hill was a creditable eighth.

DECATHLON

1, Dan O'Brien (USA) 8891; **2,** Robert Zmelik (TCH) 8627; **3,** Antonio Penalver (ESP) 8534w,8412; **4,** Dave Johnson (USA) 8727w,8649; **5,** Dezso Szabo (HUN) 8199; **6,** Michael Smith (CAN) 8409; **7,** Eduard Hamalainen (EUN) 8483w, 8194; **8,** Rob Muzzio (USA) 8195; **9,** Alain Blondel (FRA) 8285; **10,** Sten Ekberg (SWE) 8246

O'BRIEN's failure to qualify for the US Olympic team robbed the event of everyone's favourite. His subsequent world record in France narrowly gained him first position ahead of the Olympic champion Zmelik - but only just.

Penalver is ranked ahead of Johnson on the basis of coping with the pressure in Montjuic Stadium better than the American.

WOMEN

100 METRES

1, Gwen Torrence (USA) 10.86; **2,** Merlene Ottey (JAM) 10.80; **3,** Gail Devers (USA) 10.82; **4,** Irina Privalova (EUN) 10.82; **5,** Julie Cuthbert (JAM) 10.83; **6,** Evelyn Ashford (USA); **7,** Galina Malchugina (EUN) 10.96; **8,** Anelia Nuneva (BUL) 11.10; **9,** Mary Onyali (NGR) 11.15; **10,** Liliana Allen (CUB) 11.10

BEFORE the Olympics, Ottey would have been everyone's favourite. Her demise to fifth place really shook up the can, although post-Games she managed to finish second to Torrence in Zurich and won in Brussels.

Olympic champion Devers did little apart from that unexpected success in Spain, while Privalova showed consistency throughout the year with significant wins in Berlin and Rieti.

Torrence gets the overall vote. The TAC champion won in Bratislava, Sestriere, Zurich and Tokyo, with two second places in Berlin (behind Privalova) and Rieti, where the Russian again beat her. Truthfully, there was little to separate the first four.

200 METRES

1, Gwen Torrence (USA) 21.72; **2,** Merlene Ottey (JAM) 21.94; **3,** Irina Privalova (EUN) 21.93; **4,** Juliet Cuthbert 21.75; **5,** Carlette Guidry (USA) 22.24; **6,** Marie-Jose Perec (FRA) 22.20; **7,** Galina Malchugina (EUN) 22.22; **8,** Grace Jackson (JAM) 22.47; **9,** Silke Knoll (GER) 22.29; **10,** Pauline Davis (BAH) 22.44

OTTEY was overall Grand Prix winner for the second successive time, ahead of Olympic champion Torrence. Privalova was in dazzling form after Barcelona having grand prix successes in Monte Carlo, Cologne, Zurich (over Torrence and Ottey), but lost to the latter in Brussels and the Grand Prix final.

Torrence, the fastest in the world, narrowly gained No.1 spot, with very little between Ottey and Privalova.



FABULOUS FOR FRANCE: Marie-Jose Perec

400 METRES

1, Marie-Jose Perec (FRA) 48.83; **2,** Olga Bryzgina (EUN) 49.05; **3,** Gwen Torrence (USA) 49.64; **4,** Ximena Restrepo (COL) 49.64; **5,** Olga Nazarova (EUN) 49.69; **6,** Sandie Richards (JAM) 50.19; **7,** Jill Richardson (CAN) 49.93; **8,** Rochelle Stevens (USA) 50.06; **9,** Jearl Miles (USA) 50.30; **10,** PHYLIS SMITH 50.40

PEREC had a fabulous season. Apart from adding the Olympic crown to her world title, she had four sub-50sec times.

Torrence is included in third place although she only played around with the event. She did, though, win in London and Brussels and finished second to Perec in Nice (49.50 to 49.64).

Briton Smith's massive improvement sees her also ranked.

800 METRES

1, Ellen van Langen (HOL) 1:55.54; **2,** Lilia Nurutdinova (EUN) 1:55.99; **3,** Ana Quirot (CUB) 1:56.80; **4,** Inna Yevseyeva (EUN) 1:57.20; **5,** Maria Mutola (ZAM) 1:57.49; **6,** Ella Kovacs (ROM) 1:57.19; **7,** Lyubov Gurina (EUN) 1:57.39; **8,** Joetta Clark (USA) 1:58.06; **9,** Letitia Vriesde (SUR) 1:57.96; **10,** Svetlana Masterkova (EUN) 1:57.63

BACK from injury, van Langen dominated every two-lap race she contested except when surprisingly beaten by Mutola in the Brussels Grand Prix.

1,500 METRES

1, Hassiba Boulmerka (ALG) 3:55.30; **2,** Lyudmila Rogachova (EUN) 3:56.91; **3,** Tatyana Dorovskikh (EUN) 3:57.92; **4,** Qu Yunxia (CHN) 3:57.08; **5,** Liu Li (CHN) 4:00.20; **6,** Lyubov Kremlyova (EUN) 3:58.71; **7,** Maite Zuniga (ESP) 4:00.59; **8,** Yekaterina Podkopayeva (EUN) 4:02.03; **9,** Yelena Romanova 4:00.91; **10,** Doina Melinte (ROM) 4:00.73

BOULMERKA, without a win, came good in Barcelona, where Rogachova (later to be crowned overall Grand Prix winner), who had beaten her in Noisy, Lille and Lausanne, took the silver medal.

Dorovskikh's competitive record placed her ahead of Qu Yunxia.

Melinte, third in the Grand Prix series, where the title left Romania for the first time (Puica '86, Ivan '88, Melinte '90), squeezed into 10th place.

3,000 METRES

1, Yelena Romanova (EUN) 8:33.72; **2,** Tatyana Dorovskikh (EUN) 8:42.45; **3,** Sonia O'Sullivan (IRL) 8:37.92; **4,** Elana Meyer (RSA) 8:38.45; **5,** PattiSue Plumer (USA) 8:40.98; **6,** Angela Chalmers (CAN) 8:42.85; **7,** YVONNE MURRAY 8:36.63; **8,** Margareta Keszeg (ROM) 8:39.94; **9,** LIZ McCOLGAN 8:41.07; **10,** Yelena Kopytova (EUN) 8:47.21

ROMANOVA was unchallenged as No.1, having the season's fastest time and beating Dorovskikh by the narrowest of margins in Barcelona.

O'Sullivan showed splendid post-Olympic form with second place in Cologne and a victory in Brussels. Meyer, a very impressive winner in Stockholm and third in Cologne, would probably have ranked higher with more performances outside of South Africa.

10,000 METRES

1, Derartu Tulu (ETH) 31:06.02; **2,** Elana Meyer (RSA) 31:11.75; **3,** Lynn Jennings (USA) 31:19.89; **4,** Zhong Huandi (CHN) 31:12.08; **5,** LIZ McCOLGAN 31:26.11; **6,** Wang Xiuting (CHN) 31:28.06; **7,** Lisa Ondieki (AUS) 31:11.72; **8,** Uta Pippig (GER) 31:21.36; **9,** Judi St Hilaire (USA) 31:38.04; **10,** Helen Kimaiyo (KEN) 31:38.91

THE Olympic final dictated the majority of the rankings, Tulu with victories in the African and Olympic championships, plus her World Cup win, being an easy choice.

Ondieki slipped in by virtue of her fast 10,000m in Helsinki.

100M HURDLES

1, Gail Devers (USA) 12.55; **2,** Paraskevi Patoulidou (GRE) 12.64; **3,** Lyudmila Narozhilenko (EUN) 12.26; **4,** LaVonna Martin (USA) 12.69; **5,** Lynda Tolbert (USA) 12.71; **6,** Yordanka Donkova (BUL) 12.67; **7,** Michelle Freeman (JAM) 12.75; **8,** Aliuska Lopez (CUB) 12.87; **9,** Anne Piquereau (FRA) 12.85; **10,** Natalya Kolovanova (EUN) 12.81

DEVERS was heading for a unique 100/100H double until hitting the last hurdle in the Olympic final. However, her overall Grand Prix success and unbeaten record apart from Barcelona, ranked her No.1.

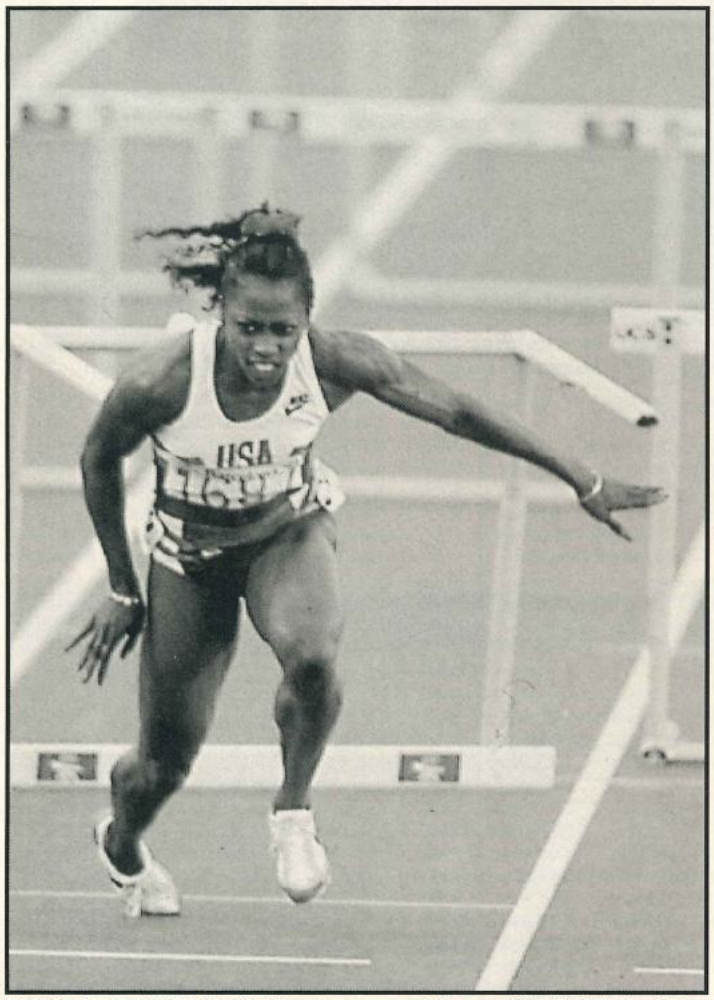
Narozhilenko, prevented from competing in the Olympic semi-final through injury, had six times quicker than her nearest rival, Devers. Indeed, the Russian ran the two fastest-ever times (12.28 and 12.26 in Seville), since the inception of the Grand Prix series. She almost made second on these achievements. However, Patoulidou, who went into hibernation after her Olympic success, gains it by that unexpected achievement.

400M HURDLES

1, SALLY GUNNELL 53.23; **2,** Sandra Farmer-Patrick (USA) 53.59; **3,** Janeene Vickers (USA) 54.31; **4,** Tatyana Ledovskaya (EUN) 53.55; **5,** Margarita Ponomaryova (EUN) 53.66; **6,** Vera Ordina (EUN) 54.37; **7,** Kim Batten (USA) 54.35; **8,** GOWRY RETCHAKAN 54.63; **9,** Tonya Buford (USA) 54.75; **10,** Myrtle Bothma (RSA) 54.53

THE fastest woman in the world and winner of the Olympic gold medal gained Gunnell top spot. Farmer-Patrick did beat her on three occasions (Stockholm, Lille and Zurich), but also began her preparations long before the Brighton woman.

Retchakan proved she is also now a world-class performer.



FINAL BARRIER: Gail Devers was set for a 100/100H double in Barcelona before falling in the final of the hurdles, where she is still top-ranked

HIGH JUMP

1, Heike Henkel (GER) 2.04 (2.07i); **2,** Stefka Kostadinova (BUL) 2.05; **3,** Galina Astafei (ROM) 2.00; **4,** Ioamnet Quintero (CUB) 1.98; **5,** Inga Babakova (EUN) 2.00; **6,** Sigrid Kirchmann (AUT) 1.94; **7,** Silvia Costa (CUB) 1.95; **8,** Alison Inverarity (AUS) 1.96; **9,** Olga Turchak (EUN) 1.95; **10,** Svetlana Leseva (BUL) 1.95

AN Achilles injury suggested Henkel might struggle in Barcelona against her main rival, Kostadinova, but the German got it right and by the season's end was 4-2 ahead of the world record-holder.

Babakova, sixth in the Unified Team trial, missed the Olympics, but her 2.00m clearance in Nice merits a fifth position.

LONG JUMP

1, Heike Drechsler (GER) 7.48 (7.63wA); **2,** Inessa Kravets (EUN) 7.37; **3,** Jackie Joyner-Kersee (USA) 7.17; **4,** Mirela Dulgheru (ROM) 7.14; **5,** Lyudmila Ninova (AUT) 6.92 (7.00w); **6,** Larisa Berezhnaya (EUN) 7.01 (7.15w); **7,** Yelena Senchukova (EUN) 7.04; **8,** Yelena Khloptnova (EUN) 6.95; **9,** Irina Mushailova (EUN) 6.89; **10,** Susen Tiedtke (GER) 6.74

MANY would argue that Drechsler was the women's athlete of the year after a scintillating season. She had one "bogeywoman" - Inessa Kravets, who beat her on three occasions (Lille, Zurich and Rieti).

No one else did as she became the first woman to clear 25 feet, albeit windy and at altitude. In 28 contests she cleared over 7.00m on 23 occasions.

TRIPLE JUMP

1, Li Huirong (CHN) 14.55; **2,** Galina Chistyakova (EUN) 14.62; **3,** Inessa Kravets (EUN) 14.41; **4,** Sheila Hudson (USA) 14.23; **5,** Helga Radtke (GER) 14.30; **6,** Natalya Kayukova (EUN) 14.20 (14.21i); **7,** Eloina Echevarria (CUB) 14.07; **8,** Inna Lasovskaya (EUN) 14.07 (14.13i); **9,** Sarka Kasparkova (TCH) 14.00; **10,** Yelena Sinchukova (EUN) 14.09

LI HUIRONG was unbeaten in five major contests and her victory over Chistyakova in the World Cup gave her No.1 spot ahead of the Russian.

Hopefully, the future will see more triple jump competitions now that it is a recognised event.

SHOT PUTT

1, Svetlana Krivelyova (EUN) 21.06; **2,** Huang Zhiong (CHN) 20.47; **3,** Belsis Laza (CUB) 20.84; **4,** Kathrin Neimke (GER) 19.78; **5,** Svetlana Mitkova (BUL) 19.23; **6,** Natalya Lisovskaya (EUN) 20.39; **7,** Zhou Tianhua (CHN) 19.45; **8,** Stephanie Storp (GER) 19.59; **9,** Viktoriya Pavlysh (EUN) 19.66; **10,** Valentina Fedyushina (EUN) 20.30

KRIVELYOVA won the Olympic title and was the only thrower over 21 metres.

Laza gets ahead of Neimke, who beat her for the bronze medal in Barcelona, by virtue of her 20.84m effort (second on the world list) in Havana.

DISCUS

1, Maritza Marten (CUB) 70.68; **2,** Ilke Wyludda (GER) 70.96 **3,** Tsvetanka Khristova (BUL) 67.78; **4,** Daniela Costian (AUS) 66.24; **5,** Larisa Korotkevich (EUN) 71.30; **6,** Olga Burova (EUN) 68.38; **7,** Irina Yatchenko (EUN) 68.94; **8,** Hilda Ramos (CUB) 70.88; **9,** Stefenia Simova (BUL) 67.80; **10,** Larisa Mikhalchenko (EUN) 67.08

MARTEN comfortably defeated Wyludda in the two competitions that mattered during the summer, the Olympics and World Cup. However, Wyludda had an impressive competitive record despite slumping to ninth in Barcelona.

Korotkevich had the furthest throw of the year to rank ahead of Costian, who beat her for Olympic bronze. But Khristova, whose best throw of the year came when winning silver, pushes her out of third position.



SUPER SEASON: For Heike Drechsler

JAVELIN

1, Natalya Shikolenko (EUN) 70.36; **2,** Silke Renk (GER) 68.34; **3,** Karen Forkel (GER) 69.58; **4,** Trine Hattestad (NOR) 69.50; **5,** Petra Meier (GER) 67.50; **6,** TESSA SANDERSON 64.88; **7,** Heli Rantanen (FIN) 63.98; **8,** Paivi Alafrannti (FIN) 66.06; **9,** Dulce Garcia (CUB) 64.18; Terese Nekrosaite (LIT) 67.54

SHIKOLENKO lost to Renk in Barcelona but otherwise was dominant over the German as she swept to the overall Grand Prix title.

Hattestad was brilliant before Barcelona, losing only once to Shikolenko in Helsinki. Although she won the Grand Prix final, her lapse in Spain holds her down to fourth spot.

HEPTATHLON

1, Jackie Joyner-Kersee (USA) 7044; **2,** Irina Byelova (EUN) 6845; **3,** Sabine Braun (GER) 6985; **4,** Liliana Nastase (ROM) 6619; **5,** Svetla Dimitrova (BUL) 6685; 6, Peggy Beer (GER) 6460; **7,** Birgit Clarius (GER) 6478; **8,** Urszula Wlodarczyk (POL) 6407; **9,** Satu Ruotsalainen (FIN) 6362; **10,** Cindy Greiner (USA) 6300

JOYNER-KERSEE won TAC and Olympic titles with ease and the result of the latter competition almost exactly reflects the rankings of the athletes.

WOMEN'S ROAD RANKINGS 1992

Compiled by Martin Duff

5 Miles

26:21	Alison Wyeth (Park)	Wolverton	28th Nov
26:32	Lesley Morton (West/NZL)	Portsmouth	6th Dec
26:49	Amanda Wright (B'north)	Alsager	2nd Feb
26:51	Karen McLeod (Edin)	Hereford	29th Mar
26:52	Heather Heasman (Inv)	Dublin	8th Mar
26:59	Teresa Dyer (Peter)	Wolverton	28th Nov
27:10	Hayley Nash (Torf)	Hereford	29th Mar
27:13	Jo Thompson (Bath)	Portsmouth	6th Dec
27:19	Diane Moore (Over)	Oxford	15th Nov
27:26	Zahara Hyde (Wok)	Portsmouth	6th Dec
27:27	Jackie Davies (Telf)	Shifnal	2nd Sep
27:41	Danielle Sanderson (Wat)	Southwark	21st June
27:48	Cath Shum (C&S)	Hillingdon	16th Feb
27:50	Sue Dilnot (Lords)	Overton	12th Sep
27:52	Paula Fudge (Houn, W40)	Feltham	20th Apr
28:03	Jane Harrop (Havant)	Portsmouth	6th Dec
28:093	Suzanne Rigg (Sale)	Winsford	29th July
28:05	Bronwyn Cardy-Wise (B&R, W40)	Coventry	19th Apr
28:08	Kirsty Wade (Blay)	N Aycliffe	25th Nov
28:13	Julie Briggs (Croy)	Finsbury Pk	1st Mar
28:16	Zina Marchant (Bath, W40)	Weston-SM	16th Apr
28:19	G Nicholson	Birkenhead	3rd June
28:20	Sara Bentley (C&S)	Altrincham	9th Sep
28:22	R Quill (Mil K)	Wolverton	28th Nov
28:23	J James (Cov)	Coventry	19th Apr
28:23	Sue Shield (Valli)	N Aycliffe	26th Feb
28:24	Sheila Catford (Leeds)	Stoke	27th Sep
28:26	Sue Coxshall (Sheff, W40)	Battersea	8th Jul
28:26	Karen Osmant (Wit)	Oxford	15th Nov
28:27	Carol Greenwood (Cald)	Leeds	29th Nov
28:27	Jill James (Soton)	Portsmouth	6th Dec
28:28	L Austin (Count)	Caverswall	29th Jul
28:31	Sarah Lee (West)	Hereford	29th Mar
28:36	J Kenyon (Horw)	Horwich	8th Jul
28:36	Nikala James (Poole R)	Portsmouth	6th Oct
28:38	Fiona Hedges (Unatt)	Portsmouth	6th Oct
28:39	N Henry	Birkenhead	3rd June
28:39	Diane Marsh (Norf O, W35)	Ryston	2nd Jul
28:43	Charlotte Newman (Linc W)	Holt	26th Jul
28:46	Vic McConnell (West, W35)	Stoke Gifford	19th Jul
28:46	Caroline Naisby (Hough)	N Aycliffe	26th Feb

Note: Liz McColgan (Dundee HH) clocked 24:48 for 8km in Washington, USA, on 10th May

10km

31:41	Liz McColgan (Dund)	New York	30th May
31:51	Jill Hunter (Valli)	Mobile, USA	28th Mar
32:20	Andrea Wallace (Torb)	Docklands	18th Nov
32:35	Suzanne Rigg (Sale)	Redditch	15th Aug
33:05	Vicki McPherson (Glas)	Kirkintollich	25th May
33:05	Amanda Wright (Tip)	Keighley	9th Aug
33:25	Marian Sutton (Tip)	Falmouth	5th Apr
33:34	Teresa Dyer (Peter)	Cleethorpes	1st Nov
33:39	Nicky Morris (Ex L)	Basingstoke	29th Nov
33:43	Sandra Branney (Glas, W40)	Kirkintilloch	25th May
33:52	Karen McLeod (Edin)	Devizes	8th Nov
33:55	Lynn Harding (Hough)	Grantown	19th Apr
33:56	Lesley Morton (West/NZL)	Docklands	18th Nov
34:02	Jenny Clague (St Hel)	Redditch	15th Apr
34:05	Bev Nicholson (Tip)	Birmingham	27th Sep
34:08	Lynn Robinson (Cov)	Warwick	23rd Feb
34:10	Sue Dilnot (Lords)	Basingstoke	29th Nov
34:12	Anna Kostilek (B Leys)	Burnley	16th Aug
34:13	Kathryn Evans	Des Moines	25th Apr
34:15	Ann Ford (Houn, W40)	Teddington	7th Jun
34:17	Cath Shum (C&S)	Newton Solney	15th Mar
34:19	Jackie Davies (Telf)	Cardiff	6th Sep
34:20	Gillian Stacey (Brom)	Morden	25th Nov
34:23	Ruth Partridge (AFD)	Redditch	15th Aug
34:24	Danielle Sanderson (Wat)	Teddington	7th June
34:25	Heather Heasman (Inv)	Southend	18th Sep
34:25	Alison Wyeth (Park)	Eastleigh	15th Mar
34:26	Paula Fudge (Houn, W40)	Basingstoke	29th Nov
34:27	Annette Bell (Linc W)	Cleethorpes	1st Nov
34:27	Zahara Hyde (Wok)	Moreton	8th Nov
34:28	Diane Hoare (Over)	Theale	5th Jan
34:32	Kim Bennett (Grim)	Cleethorpes	1st Jan
34:35	Jo Thompson (And)	Docklands	8th Nov
34:36	Sheila Catford (Leeds)	Kirkham	5th Sep
34:37	Sue Moreley (B&H)	Dieppe	25th Oct
34:38	Angela Tooby (Bath)	Swindon	5th Apr
34:40	Susan Wightman (Car)	Yate	9th Feb
34:42	Bronwyn Cardy-Wise (B&R, W40)	Cardiff	6th Sep
34:42	Sharon Dixon (Park)	Basingstoke	29th Nov



FOLLOWING FAST: Andrea Wallace leading the Great London Run, but she had to give best to Liz McColgan over 10km, 10 miles, half-marathon and marathon

34:42	Caroline Horne (Craw)	Cranleigh	1st Jan
34:43	Jane Harrop (Havant)	Portsmouth	7th Jun
34:45	Lisa Melkevick-Mawer (Clee)	Cleethorpes	1st Jan
34:47	Caroline Wetherill (Chelm)	Brighton	15th Nov
34:50	Kath Cornwall (Valli)	Retford	11th Oct
34:50	Sue Crehan (Sale, W35)	Cardiff	8th Sep
34:51	Sue Hogg (Blay)	Gateshead	26th Aug
34:53	Karen Sutton (Croy)	Brighton	15th Nov
34:53	Heather Jennings (B Leys)	Barrow	5th Jan
34:54	Andrea Whitcombe (Park)	Hillingdon	23rd Aug

*In the Yokohama Ekiden, Jill Hunter and Marian Sutton clocked 31:43 and 33:08 respectively

10 Miles

52:14	Liz McColgan (Dund)	Erewash	6th Sep
54:16	Andrea Wallace (Torb)	N Abbott	29th Mar
54:34	Karen McLeod (Edin)	The Hague	20th Dec
54:41	Suzanne Rigg (Sale)	Erewash	6th Sep
55:09	Marian Sutton (Tip)	Erewash	6th Sep
56:05	Teresa Dyer (Peter)	Erewash	6th Sep
56:12	Sandra Branney (Glas, W40)	Motherwell	5th Apr
56:16	Bronwyn Cardy-Wise (B&R, W40)	Tipton	15th Nov
56:18	Paula Fryer (Houn, W40)	Woking	1st Mar
56:21	Sue Dilnot (Lords)	Fareham	26th Jan
56:26	Amanda Wright (Tip)	Tipton	15th Nov
56:30	Sally Eastall (St Ed)	Erewash	6th Sep
56:36	Anne Roden (S Lon, W45)	Woking	1st Mar
56:39	Angela Tooby (Bath)	Sidcup	29th Mar
56:39	Lynn Harding (Hough)	Hexham	5th Sep
56:48	Cath Shum (C&S)	Burton	3rd May
56:55	Karen McLeod (Edin)	Stoke	7th Jun
56:57	Liz Hughes (Car, W35)	Llandudno	8th Nov
57:14	Annette Bell (Linc W)	Peterborough	6th Dec
57:14	Janet Holt (Sale, W35)	Stockport	6th Dec
57:17	Sue Moreley (B&H, W35)	Southampton	11th Oct
57:22	Kay Bennett (Grim)	Erewash	6th Sep
57:24	Cess Mijovik (Bir)	Woking	1st Mar
57:34	Hayley (Torf)	Cardiff	8th Nov
57:38	Ceri Diss (HHH)	Southampton	11th Oct
57:39	Caroline Horne (Craw)	Canterbury	26th Jan
57:41	Debbie Noy (Ports)	Fareham	26th Jan
57:55	Alicia Hill (WSE)	Working	1st Mar
57:56	Rosemary Ellis (LOAC, W35)	Twickenham	18th Oct
57:14	Debbie Chick (Newp)	Llandudno	8th Nov
57:59	Vickie Vaugham (Pit)	Arbroath	8th Mar
58:12	Ann Ford (Houn)	Erewash	6th Sept
58:19	Susan Wightman (Car)	Sidcup	29th Mar
58:21	Lisa Melkevik-Mawer (Clee)	Hornsea	15th Mar
58:24	Teresa Tuohy (LOAC)	Ballycotton	8th Mar
58:26	Celia Duncan (Ald S, W35)	Fareham	26th Jan
58:36	Veronique Marot (Leeds, W35)	New York	25th Apr
58:43	Zahara Hyde (Wok)	Lordshill	1st Nov
58:45	Danielle Sanderson (Wat)	Bedford	31st May
58:46	Nickie Haines-Jones (Newp)	Llandudno	8th Nov
58:48	Karen Mitchell (Tyne)	N Shields	15th Mar
58:50	Fiona Hedges (Port)	Hayling Is	22nd Nov
58:51	Eleanor Robinson (NE Vets)	Brampton	21st Nov
58:52	Charolotte Newman (Linc W)	Bedford	21st Nov
59:01	Margaret Levy (NE Vets, W35)	Brampton	21st Nov

59:04	Liz McParing (Sheff)	Brampton	21st Nov
59:06	Shireen Barbour (Bir)	Maidenhead	17th Apr
59:10	Jackie Davies (Charn)	Walsall	1st Mar
59:11	Sue Shield (Valley S)	Bispham	9th Aug
59:15	A Hazell (Bish St)	Gt Baddow	17th May
59:23	Kath Bailey (New F)	Fareham	26th Jan
59:23	Marjorie McDonald (West, W35)	Yeovil	20th Apr
59:28	Wendy Ore (Car)	Cardiff	8th Nov

HALF-MARATHON

1:07:11	Liz McColgan (Dund)	Tokyo	26th Jan
1:01:21	Andrea Wallace (Torb)	Newcastle	20th Sep
1:11:45	Karen McCleod (Edin)	Lisbon*	15th Mar
1:12:12	Suzanne Rigg (Sale)	Stockholm	22nd Aug
1:13:09	Marian Sutton (Tip)	Newcastle	20th Sep
1:13:15	Angela Tooby (Car)	Lisbon*	15th Mar
1:04:38	Liz Hughes (Car, W35)	Newcastle	20th Sep
1:14:33	Sally Eastall (St Ed)	Newcastle	20th Sep
1:14:45	Cathy Shum (C&S)	Derby	29th Mar
1:15:05	Veronique Marot (Leeds, W35)	Les Baines	6th Sep
1:05:20	Teresa Dyer (Peter)	Newcastle	20th Sep
1:15:24	Karen Cornwall (Newc)	Londonderry	26th Sep
1:15:26	Anne Roden (SLH, W45)	Bath	15th Mar
1:05:26	Bronwyn Cardy-Wise (B&R, W40)	Stroud	25th Oct
1:15:42	Paula Fudge (Houn, W40)	Fleet	22nd Mar
1:15:34	Lynn Harding (Hough)	Glasgow	23rd Aug
1:16:10	Annette Bell (Linc W)	Glasgow	23rd Aug
1:16:12	Danielle Sanderson (Wat)	Bath	15th Mar
1:16:14	Sandra Branney (Glas, W35)	Glasgow	23rd Aug
1:16:20	Kathryn Bailey (New F)	Portsmouth	8th Mar
1:16:28	Kay Bennett (Grim)	Grimsby	13th Sep
1:16:32	Julia Gates (B&H)	Bristol	31st May
1:16:43	A Rose (Ed WM)	Glasgow	23rd Aug
1:17:02	Sue Dilnot (Lords)	Exeter	4th May
1:17:05	Lesley Morton (West/NZL)	Glasgow	23rd Aug
1:17:11	Celia Duncan (Ald S, W35)	Portsmouth	8th Mar
1:17:12	Heather Jennings (B Leys)	Bath	15th Mar
1:17:21	Ann Ford (Houn, W40)	Nottingham	27th Sep
1:17:24	Lisa Melkevick-Mawer (Clee)	Bridlington	18th Oct
1:17:25	Marina Steadman (Brack)	Bath	15th Mar
1:17:34	Charlotte Newman (Linc W)	St Neots	24th May
1:17:36	Annette Bell (Linc W)	Lincoln	26th Apr
1:17:45	Debbie Noy (Ports)	Guernsey	20th Apr
1:17:54	Sue Shield (Valli)	Retford	15th Mar
1:17:57	Zina Marchant (Bath, W40)	Presteigne	19th Apr
1:18:02	Sarah Bentley (Tip)	Bath	15th Mar
1:18:04	Teresa Tuohy (LOAC)	Isleworth	17th May
1:18:08	Julia Gates (B&H)	Hastings	15th Mar
1:18:18	Alicia Hill (WSE)	Portsmouth	8th Mar
1:18:29	Jane Harrop (Havant)	Portsmouth	8th Mar
1:18:46	Heather Heasman (Inv)	Canterbury	17th May
1:18:47	Debbie Chick (Newp)	Lydd	18th Oct
1:18:58	Susan Wightman (Car)	Exeter	4th May
1:19:04	Tracey Bailey (Pott)	Stoke	11th Oct
1:19:06	Diane Hoare (Over)	Bracknell	15th Oct
1:19:06	Lydia Gould (Wx)	Portsmouth	8th Mar
1:19:24	Moira O'Neill (Dunc)	Londonderry	26th Sep
1:19:25	Lesley Turner (Rowh)	Lake Vyrnwy	27th Sep
1:19:26	Wendy Roethenberg (Der)	Derby	10th May
1:19:27	Sue Coxshall (Sheff, W40)	Windsor	4th Oct
1:19:34	Christine Price (Bolt, W35)	Lake Vyrnwy	27th Sep
1:19:35	J Edwards (Ox U)	Presteigne	19th Apr
1:19:46	Jannette Stevenson (FVH, W40)	Alloa	29th Mar
1:19:59	K Byrne (Finn V)	Londonderry	26th Sep

*Runners in the Lisbon Half-marathon were reported to have started at least 50 metres in front of the start line.

MARATHON

2:27:38	Liz McColgan (Dund)	Tokyo	15th Nov
2:31:33	Andrea Wallace (Torb)	London	12th Apr
2:33:36	Sally Eastall (St Ed)	Nagoya, JPN	29th Feb
2:34:38	Marian Sutton (Tip)	London	12th Apr
2:36:52	Gillian Horiwitz (Unatt, W35)	Duluth,USA	20th Jun
2:37:37	Anne Roden (SLH, W45)	Boston, USA	19th Apr
2:38:01	Lynn Harding (Hough)	BerlinR	27th Sep
2:38:22	Jacqueline Davis (Charn)	Berlin	27th Sep
2:41:18	Jilia Gates (B&H)	London	12th Apr
2:41:35	Karen Macleod (Edin)	London	12th Apr
2:41:58	Karen Cornwall (Newc)	Dublin	26th Oct
2:42:24	Debbie Noy (Ports)	Stockholm	30th May
2:42:55	Veronique Marot (Leeds, W35)	Barcelona	1st Aug
2:43:14	Lucy Martin (Traff)	London	12th Apr
2:43:20	B Murphy (Newc)	Dublin	26th Oct
2:43:37	Yvonne Danson	Singapore	6th Dec
2:43:43	Danielle Sanderson (Wat)	London	12th Apr
2:45:39	E Hill (Bray)	Dublin	26th Oct
2:46:26	Alison Rose (EWM)	Dublin	26th Oct
2:47:03	Susan Coxshall (Spring S, W40)	Stoke	21st Jun
2:47:41	Carolyn Hunter-Rowe (P&B)	London	12th Apr
2:47:48	Susan Shield (Valli)	London	12th Apr
2:48:32	Carolyn Naisby (Hough)	London	12th Apr
2:49:39	Tanya Ball (LOAC, W35)	Benidorm	22nd Nov
2:50:10	Zoe Lowe (St Alb)	London	12th Apr
2:50:19	Jacqueline Casey (O&R, W35)	Gosport	27th Sep
2:50:30	Teresa Tuohy (LOAC)	Dublin	26th Oct
2:50:52	Sandra Bentley (Tip)	London	12th Apr
2:51: 29	Kathryn Drake (Spen)	London	12th Apr
2:51:48	L Turner (Row)	Harrow	1st Nov
2:52:07	Kathy Palmer (Grim)	Humber Br	4th Oct
2:52:34	C Scobey (LOAC)	St Albans	6th Dec
2:52:45	Heather Jennings (B Leys)	London	12th Apr
2:53:39	Lydia Gould (Wx, W35)	Gosport	26th Apr
2:53:55	Jo Groves (LOAC)	Harlow	25th Oct
2:54:03	Julie Ince (B&H, W35)	London	12th Apr
2:54:29	Margaret Levy (New M, W35)	London	12th Apr
2:54:41	Sally Ellis (Bir)	Barcelona	1st Aug
2:55:00	Karen Martin	London	12th Apr
2:55:56	Yvonne Hill (Bir)	London	12th Apr
2:56:05	Janet Kelly (Glouc, W35)	Luton	19th Jul
2:56:10	Sarah Alexander (Streath)	Slough	7th Sep
2:56:33	E Flather (South RR)	Abingdon	18th Oct
2:56:46	Liz Clarke (Col B, W35)	London	12th Apr
2:57:16	Ann Cartwright (Wrex, W40)	Humber Br	4th Oct
2:57:18	Judith Morris (Row, W35)	London	12th Apr
2:57:37	Libby Jones (Hails)	London	12th Apr
2:58:04	Valerie Lemmis (Inv, W35)	London	12th Apr
2:58:04	Elizabeth Staig (Sett, W35)	London	12th Apr
2:58:21	Lorraine Branch (With)	London	12th Apr
2:58:22	Julie Drake (B&H)	London	12th Apr
2:58:48	Lesley Turner (Row)	London	12th Apr
2:59:22	Ann Hazell (Bish S)	London	12th Apr
2:59:32	Fay Wycherley (Compt)	London	12th Apr
2:59:41	Susan Baker (Tip)	London	12th Apr
3:00:04	Julie Armstrong (Giff, W35)	London	12th Apl
3:00:26	Janice Needham (Roch, W35)	London	12th Apr
3:00:47	Margaret Auerbach (LOAC, W35)	London	12th Apr
3:00:49	Janette Shepherd (Guern)	London	12th Apr
3:00:51	Margaret Thompson (Ver, W35)	Stoke	21st Jun

● Rankings up to and including 20th December 1992

LIZ LEADING THE WORLD

● WITH Liz McColgan running regularly on the roads, British distance running can safely say it leads the world.

Throw American-based Jill Hunter into that equation and we have two of the best around, especially as Hunter is considering a move into the longer distances with a possible marathon debut next spring.



TOP OF THE WORLD: Liz McColgan

● It is interesting to see Erewash, recognised as quite a tough course, figuring prominently in the 10-mile rankings, suggesting that the prescence of McColgan in a race can also inspire others to bigger and better things.

● Among the names to watch is Suzanne Rigg.

The former American citizen has slowly but surely been carving herself a niche on the British circuit and if her current upward trend is anything to go by, she should be challenging Andrea Wallace for the British No.3 spot.

● Marathon running, McColgan excluded, is still in the doldrums, although the No.3, Sally Eastall is one of the first to say why. She says she'll be looking to bring down her shorter distance times next year and if that's the case, her marathon best should improve as well.

QUIZ OF THE YEAR ANSWERS

1, Liz McColgan and Linford Christie (four times)
2, Kevin Young and Heike Henkel
3, Fatima Whitbread
4, Tokyo
5, Lisa York, Jenny Clague and Alison Barnes
6, Dave Bedford - he competed in the ADT London Marathon
7, Carl Lewis
8, Noureddine Morceli and Liz McColgan
9, Joan Allison
10, Steve Edwards
11, Tim Hutchings
12, Auckland, New Zealand
13, 50
14, Rob Denmark
15, Colin Walker, Dave Clarke, Dave Lewis, John Mayock, Carl Udall and John Sherban
16, Suzanne Rigg
17, Adidas
18, 11
19, Tessa Sanderson
20, Less than 10sec
21, She failed to finish the 2,000m
22, 16
23, The British men's 4x100m team almost missed the qualifying rounds after sleeping in
24, Derek Redmond
25, Steve Crabb
26, Kevin Young
27, A jet ski driven by Linford Christie ran into him
28, Steve Smith
29, Five
30, Willie Mtolo and Lisa Ondieki
31, Gowry Retchakan
32, Kriss Akabusi, David Hemery and Alan Pascoe
33, Yvonne Murray
34, Eight
35, Paul Evans
36, Four
37, Sally Gunnell, Phyllis Smith, Jenny Stoute and Sandra Douglas
38, Genoa
39, Crystal Palace
40, Tom Buckner

AS usual, we've decided to score the quiz, awarding the appropriate prizes for points scored. It's been a great year with plenty of things to remember, so how did you do?
0-25 - Unplaced. Train harder this winter and you should move up the rankings.
26-35 - Bronze medal. Good effort, but you're just lacking that fine-tuning required to breakthrough.
36-42 - Silver medal. With a little more luck, gold could be yours.
43-50 - What can we say? You've obviously followed the sport as closely as we have. Good luck in defending your title in 1993.

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FOCUS ON FIELD

> ***"The British record in this event has been abysmal during this century" Encyclopaedia of Athletics, Mel Watman, 1977***
>
> ***"Pole vaulting in the 1920s had pretty much dropped out of the English picture; the schools were not interested and the AAA committee was composed mainly of old track runners who had small time for any field event" Great Moments in Athletics, FAM Webster, 1947***

Winter's work has established a new tradition

National Coach MAX JONES looks back at a promising year for British pole vaulting

THE highest Olympic placing by a Briton in the pole vault is sixth by Dick Webster at the Berlin Olympics, so Mel Watman is pretty close in his statement, but there are signs that the next few years could alter the picture considerably.

For several seasons, I have been predicting a revivial (the wrong word, I suppose, because there has been no tradition) of Britain's fortunes in the event. So I would like to think that 1992 is the start of a pole vault tradition.

Thanks to the work of enthusiastic coaches like David Young and Peter Sutcliffe, the event is gathering momentum, helped by the sponsorship of the Post Office.

Perhaps a statistical look at the progress made over the last decade shows how things are, in general, improving (see table below):

This is terrific progress when one considers that world standards have not improved by the same margin over the same time period and that fact that six juniors cleared the former "magical" barrier of five metres bodes well for the rest of the Nineties.

Talented juniors like Robert Kingdom, Tim Thomas and Michael Barber all cleared 5.00m and had nothing to show for it as junior international vests were only awarded to those going much higher. Even the highly talented Warren Siley paid for not improving on (only equalling) his 5.20m of 1991 by not gaining selection.

Crawley's Nick Buckfield grasped the opportunity to make the team by vaulting 5.20m under pressure and went on to qualify for the World Juniors final in Seoul.

At 6ft 1in and 12st, Buckfield is a fine all-rounder (6,357 points decathlon) who, under the guidance of Sutcliffe, will go on to major Games representation.

Neil Winter, coached by his father, Ken, had a superb season, reaching the lower limits of world class (5.50m) at only 18 years old. He has all the physical requirements to make it to the very top, being big and fast and able to grip high. For 1993, he has the gold medal at the European Juniors in his sights, but he will have to contend with fellow Seoul finalists Yeliseyev of Russia and Tamminga of Holland.

For one who has jumped so high so young, it is astounding that he does not have access to good indoor facilities and his father does not rule out trips from Bristol to Birmingham in order to vault!

A boost to Winter's training this winter is the good fortune of having Matt Belsham as a training partner. Belsham, now studying in Bristol, missed the whole of the season due to a shoulder injury.

I rate a fit Belsham as being in the same talent category as Winter, so I look forward to seeing the progress of both during the winter.

Joining Winter in the junior team in 1993 is likely to be his cousin, Christian North, who has vaulted 4.90m and is coached by David Lease.

Of the seniors, Mike Edwards and Andy Ashurst had a disappointing season, Edwards in not building on his 5.50m of 1991 and Ashurst for letting his excellent indoor form (5.45m) fade away.

Ian Tullett made an excellent return after injury - remember his silver medal in the 1990 Commonwealth Games - and was consistent at 5.30m.

Working with his coach, Richard Hooper, he is still young enough to make substantial progress and trouble the precocious Winter next year.

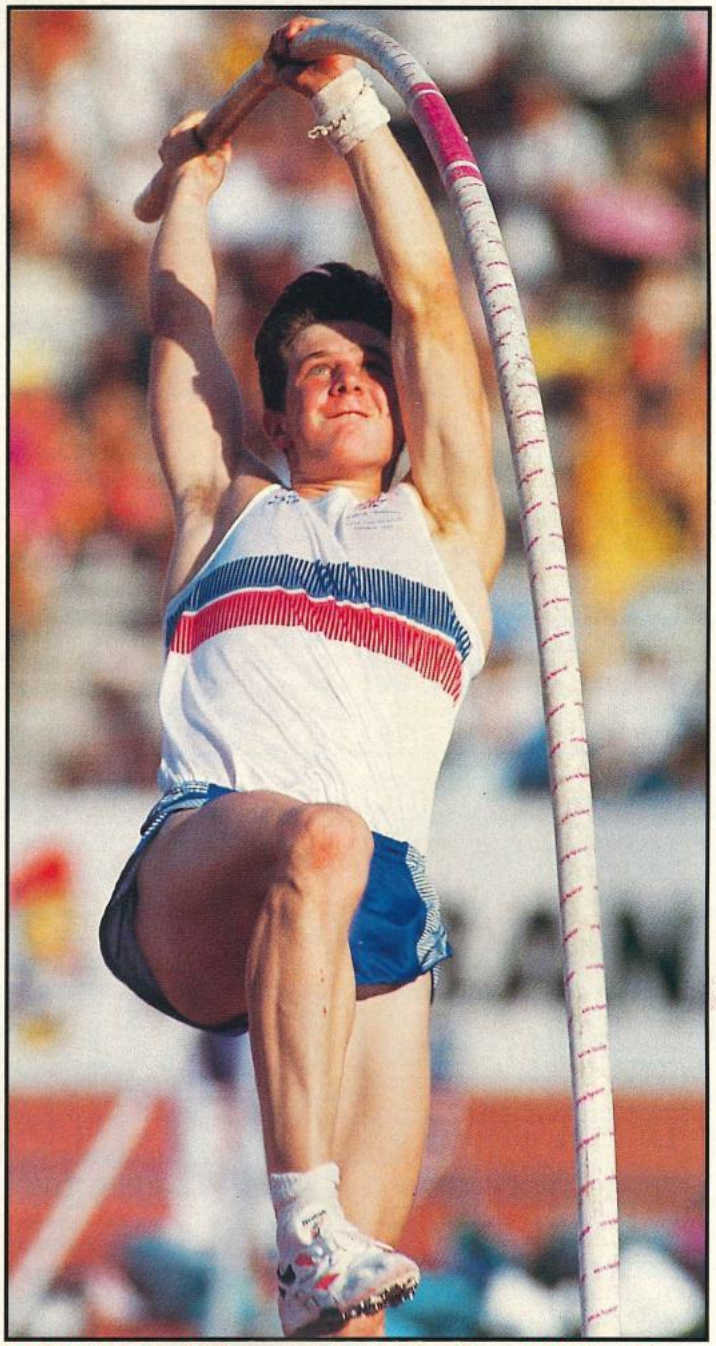
You might see more coverage of the women's pole vault in 1993, which, despite its embryonic state, can boast a world record of 4.00m and a junior best of 3.90m.

In this country, vaulters regard 3.00m as a barrier and youngsters such as Dawn Wright and Rhian Clark may exceed it next season. It is about to appear in international matches, I hear, so women's vaulting must be encouraged.

Before I close my FAM Webster book, I must finish this review of the season with a quote that is 45 years old, but still holds good for today. It is a description of his young son, training for the pole vault, and reads: "Nevertheless, the jumping, the hurdling, the throwing and the running went on in company with other lads of his own age because you cannot get major success in a single specialised event unless you are pretty good at many other athletic events."

10 YEAR PROGRESSION

	1982	1987	1992
Top vaulter	5.30	5.40	5.50
Seniors over 5m	6	8	15
Juniors over 5m	1	2	6
8th placed junior	4.20	4.40	4.80



ON THE UP: Neil Winter, top British vaulter of 1992 at 18

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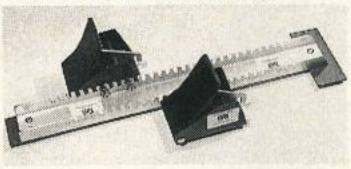
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Entry fees: marathon & Half marathon £5.00. Fun Run: £3.00. Under 15's £2.00. Over 60's £1.00.
Please note: Entries on the day will carry a £2 surcharge and no entries will be accepted after 10.30 a.m. on the day.
Completed entry forms should be datched and sent, with a large SAE to: **John Harman, 12 Minshere Way, Gt. Cornard, Sudbury, Suffolk, CO10 OLB.**

ST EDMUNDS COLLEGE ½ MARATHON

(Under AAA laws)

SUNDAY 21st MARCH 1993
Start 10.30am
Entry £5.50 affiliated
£6.00 unaffiliated

For full details send universal entry form to: Marathon Office, St. Edmunds College, Old Hall Green, Ware, Hertfordshire SG11 1DS.

Future Fixtures

Nestlé Rowntree

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Help cancer patients and mentally handicapped people

Sunday 21st March

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Results	£1.25
Medal	For all those who finish - plus a free Yorkie Bar
Prizes	To the value of £2,000. 1st prize for men, £250 in value. 1st prize for women, £125 in value.
Classes	Male, veteran male 40, veteran male 50, female, veteran female 35 and veteran female 45
Team	Male, male veterans, female and fun teams

This year's run is the Yorkshire Half-Marathon championship race!

For entry form send S.A.E. to:
The Great York Run, Dept AW, PO Box 254, York YO3 0ZY. Closing date for entries is 17th Feb 1993.
No late entries accepted. No entries on the day.
Other events: 3000m Fun Run for 7-12 yrs old - £3.50
1/5th marathon Fun Runs for teens & adults: 13-16 yrs £3.50; 17 yrs and over £4.50
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THE GREAT YORK RUN 1993

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Under BAF Rules

U/11 Boys & Girls	60m, 150m
Minors:	80m, 150m, 600m, 1000m, 70mh, LJ, HJ
Colts:	80m, 150m, 600m, 1000m, 80mh, LJ, HJ
Girls:	100m, 200m, 800m, 1500m, 75mh, LJ, HJ, DT, SP
Boys	100m, 200m, 800m, 1500m, 80mh, LJ, HJ, SP, JT
Inters:	100m, 200m, 300m, 800m, 80mh, LJ, DT, SP
Youths:	100m, 200m, 800m, 1500m, LJ, HJ, JT

Medals to first three in each event depending on entries. Entry fee £1.00 per event to: The Organiser, 2 Birkbeck Place, Owlsmoor, Nr Camberley, Surrey, GU15 4UL. Stating: Club event, age groups & D.O.B. SAE for confirmation & timetable to be sent after closing date. Cheques & PO's payable to BRACKNELL AC.

ENTRIES CLOSE 13.3.92. NO LATE ENTRIES WILL BE ACCEPTED.

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Start: Paignton Seafront: 11.00 a.m. Registration & finish: Paignton Rugby Club.

Entry fee £4 : on the day £5

Entry forms (SAE please)
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Closing date 6th March 1993. Proceeds to charity.

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Sunday 7th February, 1993

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U/17 Youths	4 Laps	5,600 mtrs
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9.30 a.m.

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Entry fee £5 (club), £5.50 (unattached) payable to Woodford Green A.C.
Use universal entry form, or send details of name, address, age, sex and club to: **Roding Valley Half Marathon, 145 Ley Street, Ilford, Essex IG1 4BL.**
Please include 2 x large SAE for number and results.
Closing date 17/2/93

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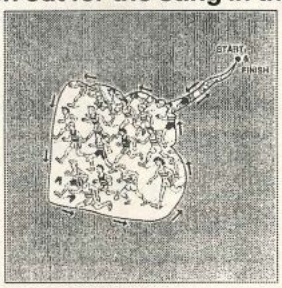
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Sunday 27th June, 1993, 10.30 a.m.

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Please include a 9" x 4" stamped and addressed envelope.

Cheques payable to Bromsgrove School

What has the new year got in store?

It promises to be one hell of year, if FRANK HORWILL is anything to go by. Here are the tongue-in-cheek predictions from the founder of the British Milers' Club



PARADISE LOST: Coe could lose his 800m world record

A RECENT questionnaire reveals that runners couldn't care less whether their coach holds the Much-Binding-In-The-Marsh Senior Coaching Award or not.

Apparently, they prefer their coach to have been a runner once, possessing great enthusiasm and a sense of humour.

Coaches seeking a full-time job with a local authority or sports authority will find their prospective employers prefer coaches who hold the National Coaching Foundation's certificate. Other qualifications dispensed by the governing bodies of individual sports are deemed to be "out of touch".

In 1993, the number of coaches taking the "out of touch" examination will reach new peaks.

Opposition to the so-called periodisation planning of training will reach new heights in 1993. Invented by a Russian 30 years ago, when the sport was truly amateur, professional runners, like professional tennis players, now compete all the year round for big money. There is no such thing as the "non-competitive season," as periodisation insists upon.

In 1993, more coaches will seek payment of expenses incurred while training at club level and an honorarium from the British Athletic Federation to help defray the cost of studying and sitting the Senior BAF Coaching examination.

A major scandal will occur in the year when the first case of its kind comes before the High Court. A senior BAF coach will be prosecuted by a 25-year-old ex-athlete for an offence allegedly committed 10 years ago when she was being coached by him. Took her a long time to make up her mind!

A senior coach invited to attend a ceremony to accept his Master Coach Award will write a letter in reply telling the organisers to "stuff it." The reasons for his action will be: "I'm not dead yet." Posthumous Master Coach Awards nearly equal the number given to the living.

The Women's Advisory Group, theoretically part of the BAF, will introduce its own coaching plan to get British women to the top.

The suggestions will not be welcomed in some quarters.

TRAINING

ALTITUDE training will change its format. Instead of living and training at altitude, more athletes will live at altitude for 22 hours of the day and then travel down to sea-level for training.

This way, they can train at the same speed as normally and still enjoy the benefits of altitude (increasing blood red cell count).

Some athletes will experiment with living at very high altitude instead of the accepted 2,000-3,000m. The red cell count increases further at higher altitude.

More marathoners will realise that success at 10,000m has a correlation with their marathon time. Five times their 10,000m time less 10min usually equals the fastest possible marathon time. They will also realise that fast 10,000m times are related to fast 5,000m times. The message of big mileage at slow pace not being the answer to marathon success will gain more followers.

Peter Elliott, fond of testing himself for the mile/1,500m with a 1,200m time trial, will break 2:40 for the distance (53sec per 400m).

COMPETITION

THE world record for 800m, held by Sebastian Coe, will be equalled or surpassed.

The likely candidate will be an unknown American from Indiana, who "runs for fun" and has clocked sub-46sec for 400m. He was spotted by an American athlete based in England while on vacation. They got talking and it appeared that the athlete had no club and was not attached to a college. He trained without advice.

That was in September 1991. Since then, he has been advised by a British coach and reports that he has run a 72sec 600m time trial. Level-pace running for the world reccord is 76.2 at 600m.



CLOSE: Yates

Europe's indoor 1,500m champion Matt Yates, when not talking and tippling, will come within one second of the 1,500m and mile world records.

Rob Denmark will come within five seconds of the 5,000m world record and break the UK record for 3,000m.

Lisa York, capitalising on her experience from the Barcelona Olympics, will run 8:39 for 3,000m, 4:05.for 1,500m and 2min exactly for 800m.

The women's UK record for 800m will be broken by a 400m hurdler.

A teacher at Eton will run 13:10 for 5,000m.

The 10,000m world record will be smashed by a Kenyan in under 27min. Also, a South African Zulu, discovered after a career as a gold miner, will run 2hr 5min for the marathon distance.

Another South African will run 3:48 for the mile.

A woman will run 9:30 for the 3,000m steeplechase.

Britain's sub-four-minute milers, dating back to 1954, will line up for races at the Iffley Road track, Oxford, in July.

The mile races will be classified in decades, ie those who achieved sub-fours 1954-1964, 1965-75 and 1976-86. Teams from Scotland, Northern Ireland, Wales, the North, Midlands, Eastern Counties, South West and South will also contest a 4x1-mile relay.

A super team of milers will attempt to break the 4x1 mile world record.

All this will be to celebrate the 30th anniversary of the founding of the British Milers' Club. A dinner will follow.

There will be strained relations between the English or British cross-country lobby and the UK coaching hierarchy because the former were singled out for punitive action if they didn't get better results in the World Cross-country. The former have enquired whether the same alleged reduction in financial support applies to all other events which do not come up to scratch.

The People's Republic of China's pole vault champion will become the Hong Kong pole vault champion. Chinese women athletes will occupy two places in the world top 10 in every event from 800m to the marathon. China now employs some of the discarded East German coaches.

MISCELLANEOUS

THE book *Lore of Running* by Dr Ted Noakes will equal the sales of the *Complete Book of Running* by the late James E Fixx, which totals four million copies.

The book *Psychology of Running and Coaching*, to be published in 1993, the first British book devoted to the psychology of sport, will cause a major sensation and displease many in athletics. Not a few athletes and coaches will see themselves portrayed as examples not to follow.

● Look out for Frank's new column, only in *Athletics Weekly*, in 1993.

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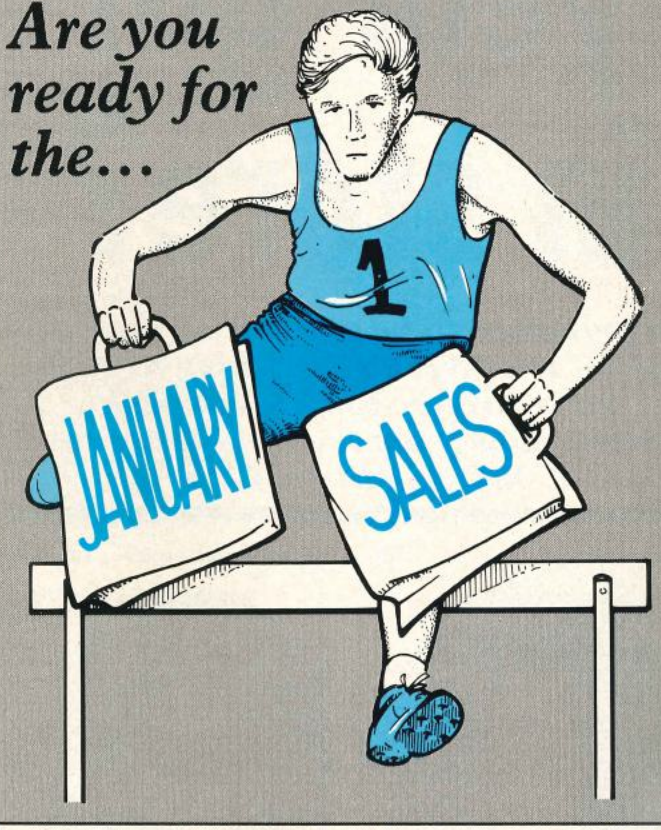
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The best half-marathon field ever assembled is ready to toe the line, but can they break the magical one-hour barrier? MAX COLEBY reports on the race of his dreams

WELL, here we are again. It's that time of year. The time for, on the one hand, looking back nostalgically, while on the other, looking forward to what may be. It's time to indulge in a little harmless reminiscing and innocent speculation.

It was in just this frame of mind that I found myself looking back to this year's IAAF World Half-marathon Championships and the world best time (1:00:24) set by Kenya's Benson Masya.

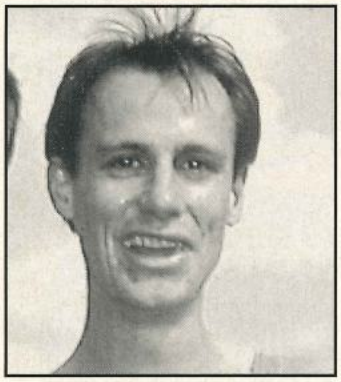
It was a most impressive win, not least because it can be judged not only against previous performances worldwide, but very directly, against the string of superb winning runs produced on essentially the same course since the first Great North Run in 1981 (and precisely the same course since 1982), including two previous world bests set by Mike Musyoki (Kenya) in 1986 and Steve Moneghetti (Australia) in 1990.

Masya's run set me wondering about how his race would have matched up to those of his predecessors in terms of who would have led at which point before Masya would have finally pulled clear of the phantom Musyoki, Moneghetti, Treacy, De Castella and the rest.

Well, the table below answers those questions and shows that, at five miles (22:50) Musyoki holds an unbelievable 13-second lead over Masya (1992 version) with Mike McLeod in a surprising third place (23:07), four seconds clear of Rob De Castella, Masya (1991 version) and Moneghetti. Ireland's John Treacy appears somewhat lethargic, back in the pack on 23:35.

By 10 miles (45:46), Masya (1992) has closed the approximate 70-metre gap and has caught Musyoki and is edging his fellow Kenyan by two seconds. Moneghetti is still chasing (45:59), but is in turn about 70 metres behind the Africans. Treacy, after a relatively restrained first five miles, has produced a blistering five-to-10-mile split and is now only six seconds behind Moneghetti in fourth place. The speed with which he has passed a fading De Castella and McLeod can only be imagined.

During the three miles 192.5 yards between 10 miles and the finish, the huge crowds (not a figment of the imagination!) are treated to a monumental battle as Masya storms away from Musyoki and adds another 17 seconds to his slender two-second lead at 10 miles.



FAST FINISH: Australia's Steve Moneghetti

However, he needs to finish quickly as Moneghetti charges past Musyoki (who is not hanging about) and runs the closing three miles faster than anyone else in the history of the race. This eats into Masya's lead and he is still closing when Masya hits the tape 10 seconds to the good.

Musyoki holds together well and is only nine seconds behind Moneghetti in third, while Treacy is, understandably, not able to maintain his incredible five-to-10 miles pace, but finishes fourth in 61min exactly.

Of course, this fictional "race of winners" disregards some excellent second-place finishers. For example, Steve Jones' 1986 second place to Musyoki in a UK best would have him mixing it with our champions, not to mention sub-61:00 performances by Silio, Akonay and Aguta in this year's race.

ANALYSING the statistics inevitably led to wondering what an aggregate of the best splits would produce in terms of a "Dream Half" on the Great North Run course.

Well, if Musyoki's first five miles (22:50) are added to Treacy's five-to-10-mile split (22:30), followed by a hand-over to Moneghetti crashing the 10 miles to finish stretch (14:35), we end up with an incredible half-marathon of 59:55.

Is it possible? Most certainly.

In this year's race, the best half-marathon field ever assembled

THE DREAM FIELD

Rob De Castella	**AUS**	**Great North Run winner 1987**
Benson Masya	**KEN**	**Great North Run winner 1991/92**
Mike McLeod	**GBR**	**Great North Run winner 1981/82**
Steve Moneghetti	**AUS**	**Great North Run winner 1990**
Mike Musyoki	**KEN**	**Great North Run winner 1986**
John Treacy	**IRL**	**Great North Run winner 1988**



SCORCHING SPLIT: Ireland's John Treacy ran the five-10 miles split in 22:30

GREAT NORTH RUN SPLITS

	1981 Mike McLeod (GBR)	1982 Mike McLeod (GBR)	1983 Carlos Lopes (POR)	1984 Oyvind Dahl (NOR)	1985 Steve Kenyon (GBR)	1986 Mike Musyoki (KEN)	1987 Rob De Castella (AUS)	1988 John Treacy (IRL)	1989 M El Nechchadi (MAR)	1990 Steve Moneghetti (AUS)	1991 Benson Masya (KEN)	1992 Benson Masya (KEN)
5M	23:07	23:55	24:06	24:19	23:49	22:50	23:11	23:35	23:49	23:15	23:13	23:03
10M	47:05	47:22	47:50	48:55	47:15	45:48	46:59	46:05	47:47	45:59	46:21	45:46
5-10M split	23:58	23:27	23:44	24:36	23:26	22:58	23:48	22:30	23:58	22:44	23:08	22:43
FINISH	1:03:23	1:02:44	1:02:46	1:04:36	1:02:44	1:00:43	1:02:04	1:01:00	1:02:39	1:00:34	1:01:28	1:00:24
10M-Finish split	16:18	15:22	14:56	15:41	15:29	14:55	15:05	15:05	14:52	14:35	15:07	14:38

were intent on winning, not times. Consequently, not a lot happened before about seven miles. It was here the race took off.

Akonay (TAN) piled on the pace and opened up a lead which at one point was almost 80 metres and threatened to steal the world title. This caused Masya to abandon caution and chase hard. On passing Akonay, he had to keep it going because Silio (ARG) had raced into second place and was closing.

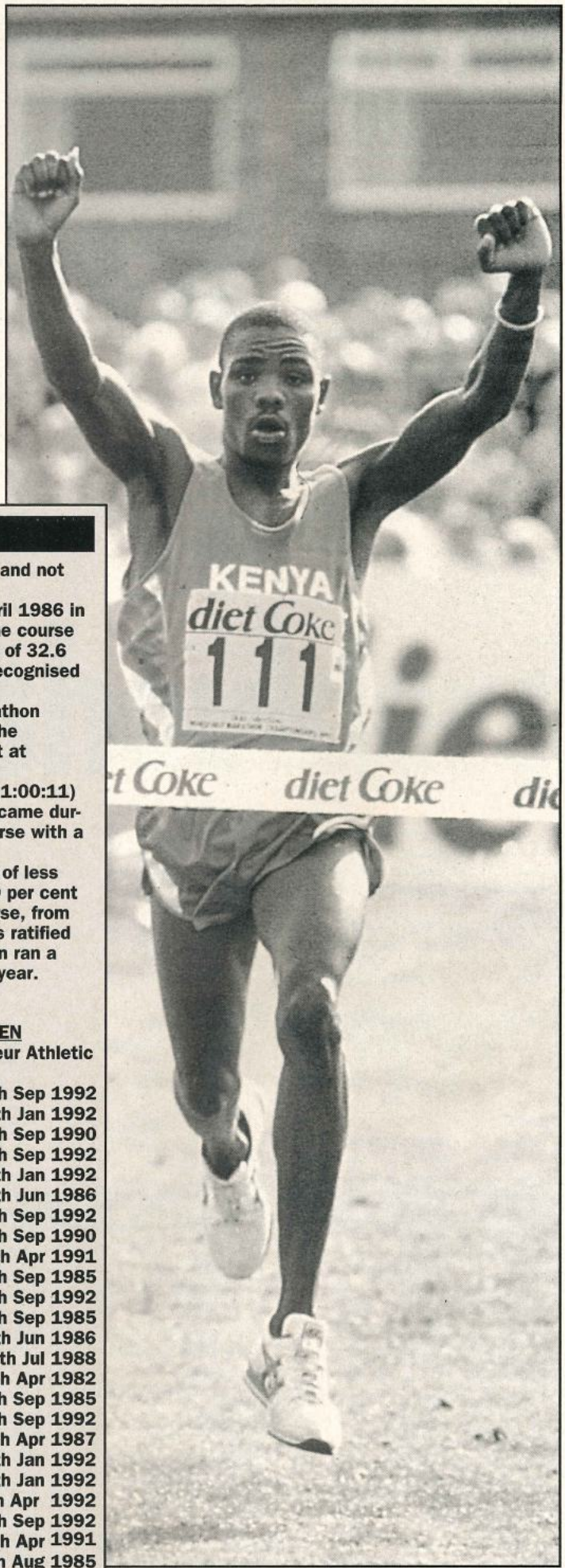
Had somebody pressed the pace for the first half of the race perhaps the magical hour barrier would have been threatened.

Also, and credit must given where earned, we must remind ourselves that the sub-one-hour half-marathon has already been delivered, albeit on the pancake flat terrain offered by a track compared to the long uphill drags of the Newcastle to South Shields route. Arturo Barrios, in setting the current one-hour record, just squeezed under 60 minutes at half-marathon by one second.

So, our theorectical 59:55 suddenly does not look so fanciful after all. It is only four seconds faster than that which has actually been achieved. A 0.1 per cent improvement!

So, although each year some reporters in the north-east indulge in what appears to be hyperbolic predictions of a sub-one-hour run, it appears that it is only a matter of circumstances, ie the field, the conditions and a reason, for a group (it will take more than one man) of world-class runners to cut loose from the gun, race over the Tyne Bridge and trade blows down the Felling By-pass all the way to the coast for joy on Tyneside to be unrestrained.

● Max Coleby, a member of Gateshead Harriers, is the course director of the Great North Run and can only dream of running a sub-one-hour half-marathon!



FASTEST EVER: World Half-marathon champion Benson Masya - is he the man to do it?

THE DAY THE HOUR MARK WAS BEATEN

THE hour has, in fact, been broken for the half-marathon distance, and not just by Arturo Barrios on the track, *Paul Richardson writes.*

Kenyan Samuel Sitonik won a race at Fontana, USA, on 19th April 1986 in 59:22, beating American Terry Cotton into second in 59:41, but the course had a lot to do with the times. In fact, there was an elevation drop of 32.6 metres per kilometre at Fontana, which is why the times are not recognised for record purposes.

Benson Masya's brilliant victory in the inaugural World Half-marathon Championships at the Great North Run this year is recognised by the International Amateur Athletic Federation as the official world best at 1:00:24.

That time was beaten by two South Africans, Matthew Temane (1:00:11) and Zithule Sinqe (1:00:11) at Oos Londen, but the performances came during South Africa's ban from international competition and on a course with a 2.2m/km elevation drop.

Half-marathon courses for records should have an elevation drop of less than one metre per kilometre and the finish should be less than 20 per cent of the total race distance from the start. The Great North Run course, from Newcastle to South Shields, does not fulfil the latter criteria, but is ratified for records by the IAAF, as is the Tokyo course where Liz McColgan ran a world best 1:07:11 and Steve Moneghetti 1:00:27 in January this year.

WORLD ALL-TIME HALF-MARATHON PERFORMANCES - MEN

Excluding South African performances prior to International Amateur Athletic Federation membership on 29th May 1992

1:00:24	Benson Masya (KEN)	Great North Run	20th Sep 1992
1:00:27	Steve Moneghetti (AUS)	Tokyo	26th Jan 1992
1:00:34	Moneghetti	Great North Run	16th Sep 1990
1:00:40	Antonio Fabio Silio (ARG)	Great North Run	20th Sep 1992
1:00:42	Arturo Barrios (MEX)	Tokyo	26th Jan 1992
1:00:43	Michael Musyoki (KEN)	Great North Run	8th Jun 1986
1: 00:45	Boay Akonay (TAN)	Great North Run	20th Sep 1992
1:00:46	Dionico Ceron (MEX)	Philadelphia	16th Sep 1990
1:00:51	Moses Tanui (KEN)	Millano Stramilano	13th Apr 1991
1:00:55	Mark Curp (USA)	Philadelphia	15th Sep 1985
	Lameck Aguta (KEN)	Great North Run	20th Sep 1992
1:00:57	Musyoki	Philadelphia	15th Sep 1985
1:00:59	Steve Jones (GBR)	Great North Run	8th Jun 1986
1:01:00	John Treacy (IRL)	Great North Run	24th Jul 1988
1:01:02	Mohamed Kedir (ETH)	Milano Stramilano	4th Apr 1982
1:01:03	Nick Rose (GBR)	Philadelphia	15th Sep 1985
	Paul Tergat (KEN)	Great North Run	20th Sep 1992
1:01:04	Carl Thackery (GBR)	Barnsley	12th Apr 1987
	Cosimus Ndeti (KEN)	Tokyo	26th Jan 1992
	Bon-Ju Lee (KOR)	Tokyo	26th Jan 1992
1:01:06	Tanui	Milano Stramilano	11th Apr 1992
	Joseph Keino (KEN)	Great North Run	20th Sep 1992
1:01:07	Andrew Masai (KEN)	Milano Stramilano	13th Apr 1991
1:01:14	Jones	Birmingham	11th Aug 1985
	Stephan Freigang (GER)	Berlin	5th Apr 1992

HOW THEY STAND

ROB DENMARK and Keith Cullen, one and two in the AAAofE 10km, lie in fifth and eighth places respectively in the latest StarRank listings, although both have competed in just that one counting event.

Although they were given the same time, the StarRank points allocation reflects the importance of winning, hence the 60 points difference between them.

Current leader is World Mountain Cup winner Martin Jones, who stands 73 points clear of Mark Flint, although the Telford man has competed in two races, compared with Jones' three.

Last year's champion Steve Brace lies third, ahead of former AAA 10-mile champion Mike Cadman, third last year.

Bronwen Cardy-Wise still heads the women's rankings, with 253 points amassed from four races, while last month's Road Runner of the Month, Teresa Dyer, has moved into second.

Cardy-Wise is headed, however, in the veteran positions, where Liz Hughes has got off the mark, collecting 218 points.

The men's veteran tables show AAAofE Veterans' 10km champion Mike McLeod in the lead by 40 points from Exeter's Gordon Seward, who has competed in three StarRank races.

The in-form Cardiff runner, Elwyn Davies, heads the M50 placings, with a 44 points advantage over North Shield's Polytechnic's Phil Lancaster.

Forthcoming StarRank events include: 1st January, Morpeth to Newcastle; 3rd January, Stubbington Green 10km; 31st January, Lliswerry 8

STARRANK

MEN

Name	Club	Races	Score
Martin Jones	Horwich	3	527
Mark Flint	Telford	2	454
Steve Brace	Bridgend	3	376
Mike Cadman	Tipton	3	325
Darrel Smith	Blackheath	2	306
Rob Denmark	Basildon	1	305
Greg Newhams	Bridgend	3	286
Jon Gascoyne	Harlow	1	280
Keith Cullen	Chelmsford	1	245
Andy Bristow	B&H	1	242
Julian Gentry	NEB	2	235
Rob Campbell	NEB	2	234
Mark Smith	Gateshead	1	232
Nigel Adams	Swansea	1	225
Billy Dee	Luton	1	220
John Hooper	Bridgend	2	216
Jeremy Freeman	Chelmsford	1	215
Darren Mead	Norfolk O	1	195
Paul Roden	East Cheshire	1	186
David Knight	B&H	1	179
Paul Cuskin	Sunderland	1	177
Peter Fleming	RCE	1	175
Adrian Mussett	C&T	1	170
Mark Hudspith	Morpeth	1	169
Alan Jackson	Stouport	2	160
Shaun Tobin	Swansea	1	160
Paul Davies-Hale	C&S	1	156
Gareth Davies	Brigend	2	156
Andy Sawyer	Copeland	1	155
Andrew Pearson	Longwood	1	152



MIGHTY McLEOD: Top M40

M40

Mike McLeod	Elswick	1	157
Gordon Seward	Exeter	3	117
Steve Sear	W Green	2	116
Kevin Wilkinson	San Domenico	2	110
Keith Penny	Cambridge H	3	106
Dave Hill	Thames HH	1	88
Peter Standing	B&H	2	78
Brian O'Neill	AFD	1	70
Jeremy Collin	Swansea	1	70
John Clark	Grimsby	1	66
Martyn Fisher	Poole	1	59
Gareth Jones	Soton	2	56
Barry Peatfield	Salford	1	48
M Walsh	Kendal	1	48
Les Presland	AFD	1	45
Dave Lockley	B&H	1	45
Dic Evans	Cardiff AAC	1	45
Mike Bumstead	Thurrock	1	43
John Pointon	Pontypridd	1	41
Mike Fromant	Northampton P	1	40

M50

Elwyn Davies	Cardiff AAC	2	124
Phil Lancaster	NSP	1	80
Derek Quinlan	Longwood	1	60
L Haynes	Bingley	1	40
Patrick Dobbs	Thurrock	1	36
T O'Gara	Wallsend	1	36
Les Ireland	AFD	2	34
A Thomas	C&T	2	32
Peter Watson	Torbay	1	25
Mike Hawkins	B&R	1	23
Trevor Pollard	WSE	1	22

WOMEN

Bronwen Cardy-Wise	B&R	4	253
Teresa Dyer	Peterborough	2	154
Paula Fudge	BoH	2	128
Andrea Wallace	Torbay	1	125
Nicky Morris	Essex Ladies	1	110
Hayley Nash	Torfaen	2	100
Suzanne Rigg	Warrington	1	100
Heather Heasman	Invicta	1	95
Debbie Percival	GEC	3	95
Debbie Chick	Newport	2	95
Liz Hughes	Cardiff	1	95
Kim Osment	Witney	2	89
Lesley Morton	Westbury	1	85
Sue Dilnot	Lordshill	1	85
Suzanne Morley	B&H	1	83
Eleanor Robinson	NEV	1	68
Ceri Pritchard-Diss	HHH	1	62
Jo Thompson	Bath	1	60
Carolina Weatherill	Chelmsford	1	60
Sharon Dixon	Parkside	1	55

VETERANS

Liz Hughes	Cardiff AAC	2	218
Bronwen Cardy-Wise	B&R	4	184
Zina Marchant	Bath	2	155
Paula Fuge	BoH	2	73
J Moorkite	Maidstone	1	66
Caroline Horne	Crawley	1	66
Suzanne Morley	B&H	1	57
Eleanor Robinson	NEV	1	56
Veronique Marot	NEV	1	44
Susan Rowson	Macclesfield	1	42
Susan Coxshall	Springfield	1	41
Margaret Levy	NEV	1	40
Suzanne Morley	B&H	1	40

CHAMPIONSHIP WAS THE KEY

KEITH CULLEN'S performance in the AAAofE 10km earned him the *Athletics Weekly*/Asics Road Runner of the Month for November, chosen by a panel of judges including *Athletics Weekly*, Lisa York of Asics and John Legge of StarRank

His chief rivals for the honour included Danielle Sanderson, who won the Corfu Marathon in scorching conditions and then returned to win the Hatch End 5, and Dale Rixon who broke the course record at the Cardiff 10km and won the San Domenico 10 in 49:38.

Eleanor Robinson staked a claim by clinching the Northern Counties 10 Miles Championships, just after her 45th birthday, and just two weeks after winning a 24-hour race in France.

Alison Wyeth, who jumped to the top of this year's UK women's five-mile rankings with her performance in the Wolverton 5, was also a contender.

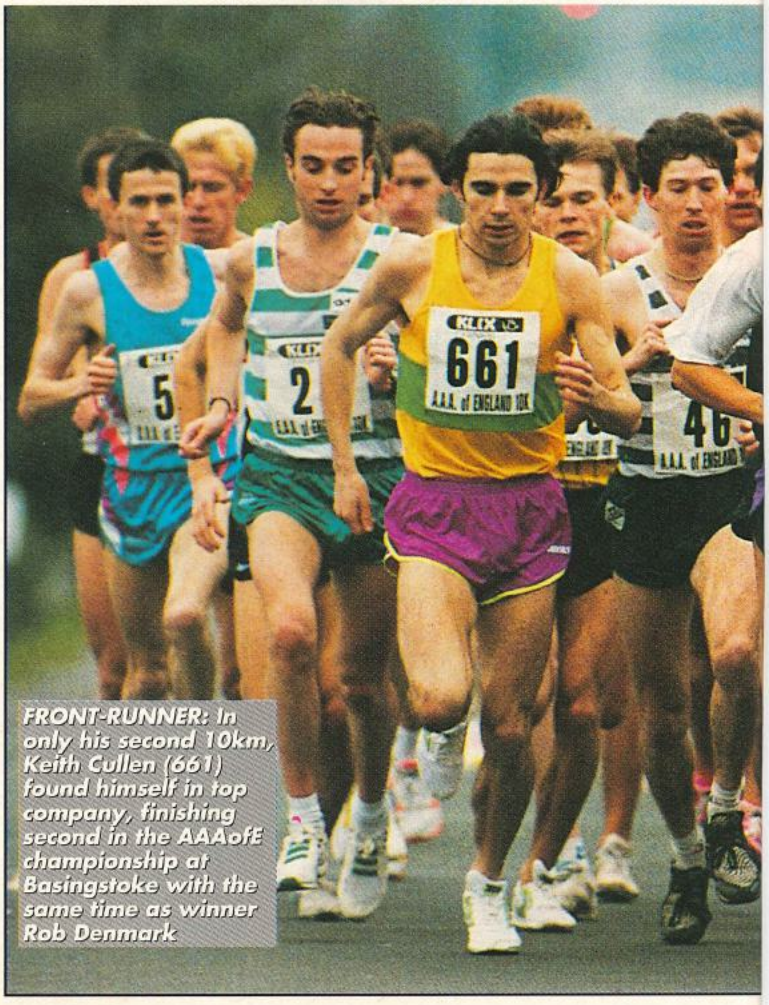
Old head

WHEN Keith Cullen ran Rob Denmark so close in last month's AAAofE 10km at Basingstoke, his performance had enthusiasts flicking through the record books.

Who held the UK age best (age 20) for the distance and how close had Cullen come to challenging it? In fact, Jon Richards holds the record, with a superb 28:11 in Glasgow from 1985, but Cullen's 28:36 was enough to leave him third in this year's senior rankings, behind internationals Jack Buckner and Denmark.

Cullen took second place at Basingstoke, in the same time as winner Denmark, with what he described as his best performance ever. It was a display that earned the honour of *Athletics Weekly*/Asics Road Runner of the Month award for November.

"It was just a case of feeling good, sitting in and breaking away with Billy Dee and Rob," he says. But it was the fastest non-winning



FRONT-RUNNER: In only his second 10km, Keith Cullen (661) found himself in top company, finishing second in the AAAofE championship at Basingstoke with the same time as winner Rob Denmark

Keith Cullen's startling performance in the AAA of England 10km has been recognised with the Athletics Weekly/ Asics Road Runner of the Month award. BOB FRANK reports

asics®

on young shoulders

time since 1987, and that was by Arturo Barrios, so young Cullen is in good company.

And yet just six days earlier, Cullen was a mere spectator, as a non-running reserve for Britain's ekiden relay team in Japan.

In finishing second to Denmark, Cullen destroyed many more experienced road campaigners. It was hard to believe that Basingstoke was only his second attempt at the distance. His debut had come three weeks earlier, at Chelmsford, where he beat Roger Hackney by 36 seconds to win in 29:02.

It is a mark of his confidence that he described his performance in the AAA 6-Stage Relay, where he took Chelmsford from ninth to first on the third stage as "terrible."

He says: "My training had been going very well, but sometimes you get days like that. It's difficult to describe. It just didn't come together as I wanted."

Cullen trains at Enfield with the Ken Leader-coached Jason Dullforce and Mathew Barnes, and sometimes with John Clarke's group at Chelmsford.

His training fits in well with his studies at the London College of Printing, where he is in the last year of a graphic design course. He has not yet decided whether to further his studying or seek a part-time freelance job when his current course ends.

But Cullen's more immediate thoughts turn to the cross-country season and a possible place in the World Championships team for Amorebieta, Spain.

His cross-country season began with the Halluin meeting in France, where he led for most of the 9.8km, before settling for fifth, eight seconds behind the winner.

Since then, he has taken the Essex Cross-country title by over a minute from Julian Gentry, one of the biggest winning margins in the history of the race. Although his victory was unchallenged, it was a useful build-up for the Ilford-born youngster, who said: "It was just a work-out, but I wanted experience at running the trial distance before I go to Corby."

Before then, Cullen, who was the first European in the World Junior Cross-country at Antwerp in 1991, will compete at Durham on Saturday in the IAAF World Cross Challenge.

He also plans an indoor season in 1993 after the UK trial and will be competing in the AAA Indoor Champs, but his main assault for 1993 will be challenging for a place in Britain's team for the Stuttgart World Championships.

Having finished third in this year's Olympic trial, Cullen will again chase a place in the steeplechase, although that is not his preferred discipline.

"Not at all," he admits. "I would like to concentrate on the 5,000m, but the standard of British running is so good at the moment that I have to look to the steeplechase.

"I am still feeling my way at the steeplechase and gaining experience," he says.

But he is a fast learner. In 1992, he reduced his PB by 26 seconds, his best of 8:31.72 coming in the Olympic trial.

That may have to come down further to win a place in Stuttgart, as it placed him only sixth in the UK rankings, but his rate of improvement is impressive.

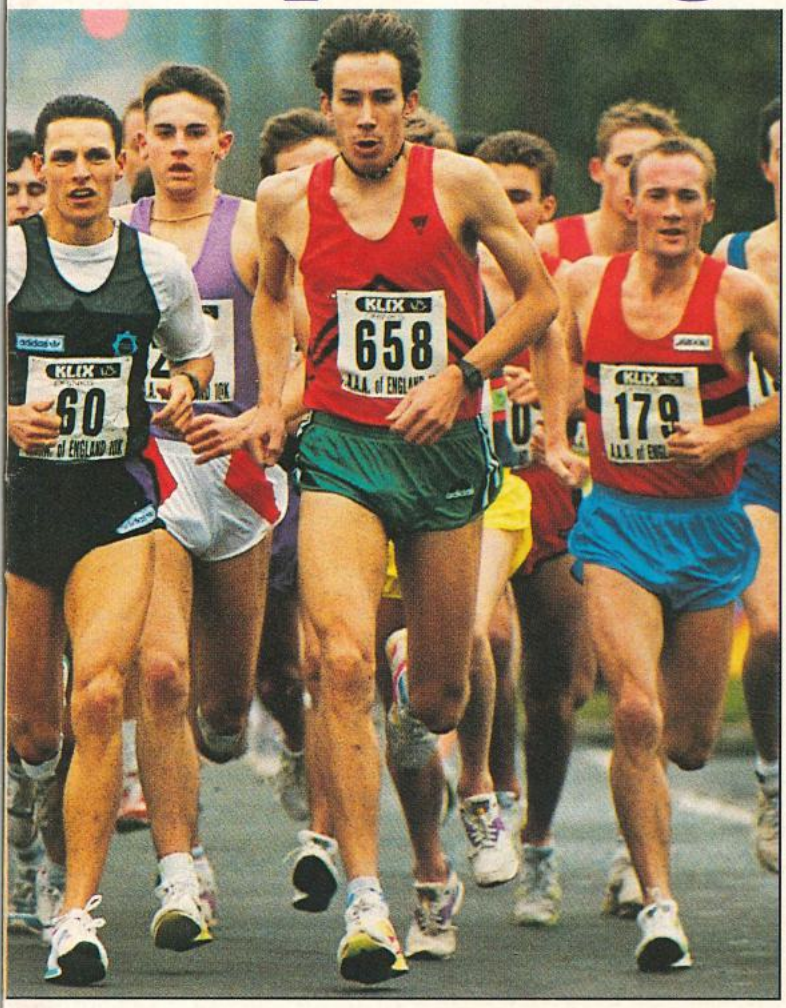
And his potential at the 5,000m is clear. In 1991 he was the fastest junior in Europe, serving notice of his future at the event.

FACTFILE

Name: Keith Cullen
Birth: 13th June 1972, Ilford, Essex
Height: 5ft 10.5in/1.79m
Weight: 10st/64kg
Club: Chelmsford AC

TYPICAL TRAINING WEEK

Monday: Long run, 10-12 miles
Tuesday: 3-5 miles steady (am); Track session (pm)
Wednesday: 3-5 miles steady (am); 5-7 miles steady (pm)
Thursday: 3-5 miles (am); efforts, say hill reps (pm)
Friday: Easy running or rest day
Saturday: 50min fartlek
Sunday: Cross-country fartlek session



HIGHLIGHTS OF CULLEN'S 1992 SEASON

29th Feb	National XC Champs (Junior)	3rd	29:15 (6M)
7th Mar	Essex Road Relays	2nd fastest	15:59 (3.5M)
3rd May	GRE Gold Cup	1st	3:50.9 (1,500)
9th May	Southern League	1st (B)	1:56.0 (800)
16th May	Essex Champs	1st	3:52.4 (1,500)
31st May	Loughborough v AAA	1st	8:41.2 (3,000SC)
7th June	Pearl UK Champs	2nd	8:00.87 (3,000)
20th June	Southern League	1st	3:55.0 (1,500)
27th June	AAA of England Champs (ht)	1st	8:40.13 (3,000SC)
28th June	AAA of England Champs	3rd	8:31.72 (3,000SC)
19th July	European Under-23 Cup	1st	8:37.74 (3,000SC)
1st Aug	Southern League	1st	1:53.9 (800)
26th Sept	South of England Six-Stage	4th fastest	17:44 (5.922km)
11th Oct	Halluin XC	5th	27:40 (9.8km)
24th Oct	AAA of England Six-Stage	8th fastest	16:34
8th Nov	Chelmsford 10km	1st	29:02
29th Nov	AAA of England 10km Champs	2nd	28:36
12th Dec	Essex XC Champs	1st	41:57 (7.5M)

BREAKTHROUGH SO WRONG FOR

JASON LIVINGSTON made an appeal to a British Athletic Federation disciplinary committee last Monday in an attempt to clear his name.

The British No.2 sprinter, who was sent home from the Barcelona Olympics after traces of Methandianone were found in a pre-Games random drug test, has professed his innocence ever since.

The 21-year-old from Croydon, Surrey, had an astonishing physical resemblance to Ben Johnson, who was banned for drug abuse after winning the Seoul Olympic 100 metres title.

Livingston was given the nickname "Baby Ben" because of his resemblance to the Canadian, and compounded further comparison as he worked on a Johnson-like bullet start, shaved his head, developed his upper body muscles and even, at one time, wore similar racing shoes with bright green laces.

Livingston made remarkable progress during the early months of 1992, winning the European Indoors 60 metres title in Genoa, setting the fastest time in Europe. He made no bones about his great desire to become the first Briton to beat Linford Christie. He even began training with Christie and took advice from Ron Roddan.

Here *Athletics Weekly* looks back at Livingston's year.

JANUARY

3rd/4th: He started the year by winning the IMI Birmingham Mint Games 60m at the National Indoor Arena, Birmingham, in 6.61sec, a personal best and third fastest on the UK all-time indoor list.

26th: Livingston won the 60m in 6.71sec in Ghent, Belgium, in a triangular match between England, Belgium and Russia.

FEBRUARY

8th: At the Pearl Assurance Indoor International at Glasgow's Kelvin Hall, Livingston beat Carl Lewis in his 60m heat and a world-class field in the final, including favourite Frankie Fredericks, Ray Stewart and Dennis Mitchell, in a PB of 6.51sec.

The time moved him to fourth on the world all-time list. It also equalled the European record held by Linford Christie and Poland's Marian Woronin and Christie's Commonwealth record. It was also the fastest time ever run in this country.

Livingston revealed he made so little money from the sport, he had to pick up a £62.80 dole cheque every fortnight.

15/16th: Livingston eased into the Minet AAA of England Indoor Championships final at Birmingham with a relaxed semi-final run in 6.58sec. In the final, he led after 20m, when disaster struck as he pulled up and lay stretched out on the floor in the arena. It turned out to be cramp in his right hamstring and left calf.

22nd: Livingston missed the TSB Indoor International in Birmingham, resting after the previous weekend's cramp scare. His indoor 60m all-comers' record was beaten by Leroy Burrell (6.51).

Talking from his home in Croydon, where he lived with his aunt, a former English Schools' champion sprinter, Livingston said: "She gets me to eat the right food and it has been really disciplined. She has got me into habits I do not like, but they have been good for me. She has stopped me running round the streets, staying out late."

And "Baby Ben" said of his idol, whose photos adorned his bedroom wall: "Everyone liked Carl Lewis because he was a textbook runner, Mr Nice Guy, and then Ben came along with this raw unorthodox style, a sort of caveman image, and aggressive. That is how I want to run."

28th FEBRUARY/1st MARCH

Livingston went into the XXII European Indoor Championships in Genoa, Italy, as favourite for the 60m gold and lived up to expectations when he beat the Russian Vitaly Savin in 6.53sec, his second fastest time for the distance.

Livingston said: "I'm not really surprised at the progress I've made, although I was surprised at the time I ran in Glasgow. That was a bonus, and it gives me belief in my ability and shows me where I can go now. This is just the beginning."

14th: The 60m at the Vauxhall International, Birmingham, had been billed as the showdown between Livingston and Christie. It was the first time they had clashed since Christie returned from warm-weather training in Australia.

In a very tight race, Livingston looked to have the edge at 50m, before Christie came through to just edge him out on the line by 0.01sec. Livingston's time was 6.58.

After the race he said of Christie: "He knows I'm for real now."

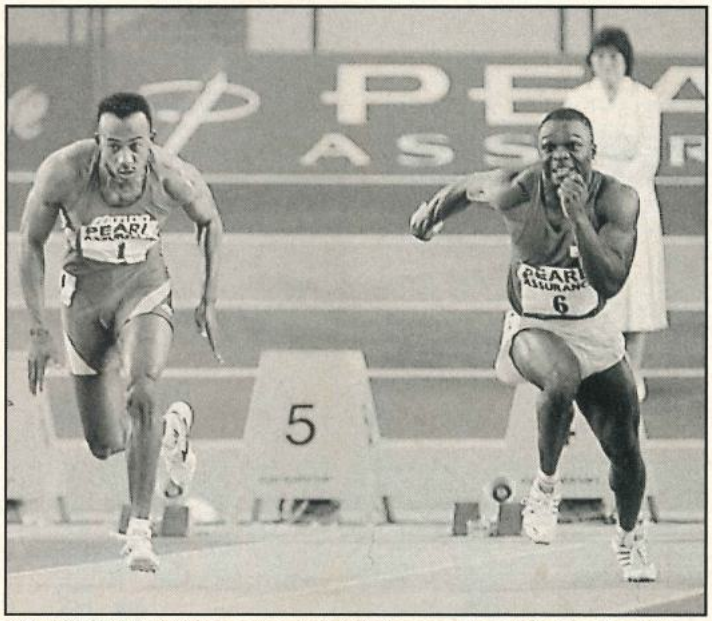
Livingston announced he was considering leaving Britain to go to college in the USA because of the lack of sponsorship at home and the lure of better facilities.

19th: Livingston flew out to Lanzarote for a two-week training stint with Christie, who urged him to stay in the UK. He said: "Jason must pursue his name over here and I will do anything I can to help him succeed."

Livingston heard he would have a car waiting for him on his return to Britain. He said: "This is good news as I'm fed-up with having to use public transport to get to training and race meetings."

APRIL

Croydon Council announced a sponsorship deal for Livingston in conjunction with local businesses, worth £9,000. He later received £5,000 from a Texaco/Daily Mail Going for Gold Foundation.



GREAT START: Livingston (right) leaves Frankie Fredericks trailing to win the Pearl Assurance International in February

MAY

9th: Livingston and Christie met over 100m at the opening GRE British League fixture at Alexander Stadium, Birmingham.

In dismal weather conditions, again Christie proved the quicker, beating the Shaftesbury Barnet Harrier by 0.1sec, in a division record (10.3sec).

31st: Livingston finished second (10.14sec) to Andreas Berger (10.08sec) in the 100m at the Venizelia International in Crete.

JUNE

6/7th: Livingston met Christie over 100m at the Pearl UK Championships at Don Valley, Sheffield, and, running into a headwind, the former led until about 75m. He was once again beaten. Livingston's time was 10.50sec, compared to Christie's 10.43sec.



Livingston admitted he had been approached by Salford and Hull Rugby League clubs to leave athletics after the Olympics. He said he was interested, but insisted they needed to up their initial offers.

"I know I'm beginning to make it now in athletics," he said. "But if you get the chance for financial security for life, or at least to earn far more than I do in athletics, it's difficult to ignore."

13/14th: Livingston became the fastest man in Europe for the year by winning the South of England AA Championships at Crystal Palace. His time, 10.09sec, trimmed 0.1sec off Christie's 1989 championship best.

He jumped from equal 11th to second on the UK all-time list in cutting 0.17sec from his best and said afterwards: "At the beginning of the season, I was aiming for a place in the Olympic semi-finals, but the final is now definitely on. When I get to the Games I'll have no respect for anyone, and that includes Linford. I'm going to surprise a lot of people in Barcelona."

Livingston missed the TSB Challenge at Edinburgh on 19th June because of a hamstring strain.

27/28th: Livingston contributed to the always-controversial Olympic Trials at the Alexander Stadium,

YEAR GOES 'BABY BEN'

Birmingham, by claiming his blocks slipped in the 100m semi-finals.

Christie had been given a recall when left in the first semi. In the second, Livingston slipped just before the gun and, as the field reached 30m, the recall sounded.

Michael Rosswess and Steve Lewis did not hear it and completed the full distance. A re-run was ordered, the competitors having a short rest as the women's 3,000m took place.

In the re-run, Livingston edged ahead of John Regis and Marcus Adam and thrust his fist skywards as he crossed the line to a smattering of boos from the crowd.

In the final, he was away quickly, but once Christie got into his stride there was no doubt that he would remain unbeaten by a Briton for the sixth successive season. Christie clocked 10.09sec to equal Livingston's European fastest time of the season.

In the 200m, Livingston bowed out in the semi-finals, where he finished fourth in 21.12sec.

JULY

4th: Livingston won the 100m, clocking 10.27sec, in a Great Britain v Germany v CIS Under-23 match in Ulm, Germany.

15th: Livingston provided Sports Council dope testers with a urine sample, after being selected for a random, out-of-competition test. The samples were taken to the Drug Testing and Teaching Centre at King's College in Chelsea, London.

18/19th: Livingston ran 10.72sec into a strong headwind (3.5/sec) to win the 100m at the Findus Lean Cuisine European Under-23 Cup at Gateshead.

27th: The results of the A sample were known - Livingston had tested positive for Methandianone, an anabolic steroid.

28th:

8am - Sports Council doping control officials phoned the British Olympic Association's Barcelona headquarters and told the British chef de mission, Dick Palmer, of the postive test. A courier was despatched on an afternoon flight from Heathrow to Barcelona with two sealed envelopes.

10am - Livingston arrived at the Olympic village in Barcelona.

6.45pm - The courier delivered the messages to British officials who had convened for an emergency conference at the Hesperia Hotel.

10pm - They decided they couldn't wait for the athlete's B samples to be tested, and voted to despatch Livingston home immediately. Palmer phoned BOA president, Princess Anne, at her suite in the Hotel Sofia, Barcelona.

Midnight - Livingston was roused from his bed in the Olympic village. Christie and athletics head of delegation Arthur McAllister told him that he had tested positive. Livingston was booked on a flight for the next morning.

30th:

8am - Livingston flew back to Britain under a false name as rumours circulated among Barcelona athletes and press of a drugs scandal.

10.30am - The BOA held a press conference to make the news official.

That evening, the Sports Council said Livingston's B sample had been tested at his request and the original finding confirmed.

SEPTEMBER

16th: The South of England AA deliberated on whether to strip Livingston of the title and record, won at its championships at Crystal Palace on 13th June. Officers said they would not make a decision until the BAF reached its decision.

John Jeffrey, administrator of SofEAA, said: "One thing we will consider is the fact that Jason won the title a little further back from the alleged positive test and that he had already been tested twice before, both negative, quite close to the championships."

OCTOBER

7th: Livingston's plans of becoming a professional football player were thwarted after Cardiff City officials told him to no longer attend training sessions.

Rick Wright, the City's financial controller, said: "The moment the club realised who he was they asked him to leave."

16th: Livingston faced a 90-minute hearing in front of a British Athletic Federation disciplinary committee. The case was adjourned to allow him more time to produce evidence to support his plea of innocence.

NOVEMBER

21st: The British Athletic Federation disciplinary committee, which comprised Dr Nick Whitehead a former British team-manager, Joslyn Hoyte-Smith, former Olympic competitior and Bob Greanoak, secretary of the Scottish Athletic Federation, held a meeting to hear Livingston's evidence.

22nd: The verdict was passed onto the BAF Drug Advisory Group.

23rd: The verdict was officially announced.

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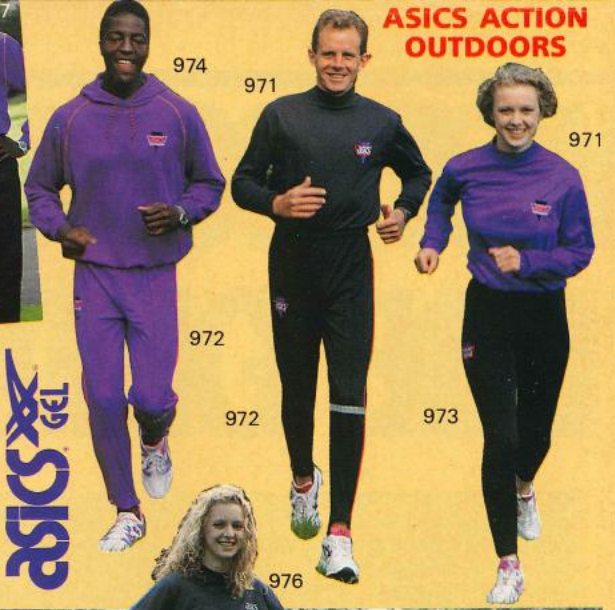
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